

MODULE 6 — KILLING THE ROUTINE

Novelty, Adventure, and the Neuroscience of Desire

“Behold, I am doing a new thing; now it springs forth, do you not perceive it?” — Isaiah 43:19

“Dopamine — the brain’s primary driver of desire — responds specifically to novelty, not to comfort. Routine is desire’s slow anesthetic.”

“Adventure does not require money or elaborate planning — it requires the intentional choice to do something neither of you has done before.”

STEP 1 — SELF-ASSESSMENT (1-10 RATING + YOUR REFLECTION)

On a scale of 1-10, how predictable have I become to my spouse — in what I do, what I say, how I spend our time together?

1	2	3	4	5	6	7	8	9	10
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STEP 2 — BOTH VOICES (WRITE YOURS, THEN HEAR YOUR SPOUSE’S)

MY PERSPECTIVE

SPOUSE’S PERSPECTIVE

What is the most fun you remember us having together? What did that feel like — and how long ago was it? What do you wish we would try or do together that we never have?

STEP 3 — ACTION COMMITMENT (WHAT I WILL DO THIS WEEK)

One new experience I will plan for us this month — something neither of us has done before, however small:

STEP 4 — DEEPER REFLECTION

What is the most predictable thing about our marriage right now? When did we stop trying new things together — and what replaced the adventure? What am I afraid would happen if I planned something spontaneous?

ALIGNMENT CHECK — AFTER THE MODULE

We agree to one new shared experience this month — planned by _____ — and it will be: _____.

Signed:

Signed:

Date: _____