

CATEGORY 3
Fun & Recreation
Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. What is fun for you?

Him:

Her:

2. What recreational interests do you have?

Him:

Her:

3. How do you expect your partner to respond with regards to these interests?

Him:

Her:

4. Do you want me to participate or share in your interests or to disengage?

Him:

Her:

5. Will disengagement create a problem?

Him:

Her:

6. How much time should we spend on individual hobbies versus shared activities?

Him:

Her:

7. What does a perfect weekend look like to you?

Him:

Her:

8. How important are vacations and travel to you?

Him:

Her:

9. What types of entertainment do you enjoy (movies, concerts, sports)?

Him:

Her:

10. How do you like to celebrate achievements or good news?

Him:

Her:

11. What role should friends play in our recreational time?

Him:

Her:

12. How much money should we budget for entertainment and hobbies?

Him:

Her:

13. Do you prefer planned activities or spontaneous adventures?

Him:

Her:

14. How important is physical fitness and exercise to you?

Him:

Her:

15. What seasonal activities or traditions are important to you?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we in our views on fun and recreation?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with how we spend leisure time together?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Fun and Recreation, we agree to:

"

Signed: _____ **&** _____

Date: _____