

## Date Nights for Each Enneagram Type

Overview	<p>Date nights, whether at home or out, are so important for couples of each type!</p> <p>For a great date, set aside 2-4 hours and get pets and children to bed, daycare, the church nursery, or with a sitter.</p> <p>Try for verbal intimacy on the date and sexual intimacy as the date closes up!</p> <p>In this resource you'll find:</p> <ul style="list-style-type: none"> <li>• Type-by-type suggestions for date night activities</li> <li>• Ideas for initiating romance that are great for all types</li> </ul>
Be Flexible	<p>Be flexible in “off-seasons” such as Facetime dates, sexting dates if your spouse is out of town (be careful to monitor devices if children are present as this can be traumatizing), at-home dates with babies, self-preserving date nights, low-budget nights, times of sickness, etc.</p> <p>These will indeed come and go in a marriage and sometimes just cuddling with a movie, driving with nice music in the car, or reading a book aloud can be very comforting. In essence, get creative!</p>
Frequency	<p>Ideally, strive to have a date night once a week for the duration of the relationship (this includes those early dating years long into retirement). This will need to vary slightly during especially taxing seasons of life, but it's wise to set aside weekly time nonetheless as it may not happen if you don't and one spouse usually wants a date night or intimacy more than once a week and so it's a nice middle ground in most cases and a great way to keep you connected and to offer a healthy sexual release.</p>

Types	Suggested Activities for a Great Date Night!
Type 1	<p>Go on a fitness adventure in nature or to a decadent, dimly lit, quiet restaurant after a day of organizing and knocking out the to-do list. 1s typically also love to have a well-dressed and neat date, even if it's also sporty and fun. Think of scents they love, showering first, and putting thought to a sharp appearance to go the extra mile!</p>
Type 2	<p>Bike ride together and serve your neighbor some cookies or treats on the way out. Indulge in a special night of pampering, cuddling at a concert, getting a couple's massage, or dancing the night away! To go the extra</p>

	mile, spend time telling your 2 how much they mean to you on the date and remember their love language!
Type 3	Buy high fashion (or if it's trending, matching) outfits or accessories for you both on Amazon, play a game of pool at a local pub, do a "fun and fab" big food meal, or head to the closest adult arcade for some competitive fun! To go the extra mile, tell your 3 how much you love them for something outside of their performance (hint, complimenting their huge heart and truly listening to them helps quite a bit!)
Type 4	Go out to a world market shop to order something new and unique to bring back home, or set up an indoor cafe with a table for two, a charcuterie board or gourmet meal, a good book to read from, and add candles and flowers for a simple but elegant and aesthetic dinner. To go the extra mile, be patient and a good listener as they tell you about something deep that may make you squirm internally a bit and compliment their ability to sit in the hard stuff versus teasing them about it.
Type 5	Enjoy some video games or tech time, a fun show, reading books simultaneously seated at a bookstore, go on a walk, enjoy an escape room, or join them in a game of D & D. Let your 5 tell you about something they love even if it means very little to you to go the extra mile.
Type 6	Watch an old favorite comfort movie, play a card game for a little fun competition (just the two of you) after dinner at your favorite restaurant with good friends. To go the extra mile, do something extroverted and fun that your 6 loves to release with, even if it doesn't mean as much to you, such as one of their favorite concerts or country line dancing!
Type 7	Do a fun adventure date where you surprise your spouse with fun new places to try out (let the 7 do this if they want to lead)! Bring Mad Libs and conduct blindfolded taste tests at dinner! Play games with the menu like guessing what one another will eat. To go the extra mile, drive around for a long while listening to music together or if you're home, ask them to show you one of their favorite albums or books and tune in or read together.
Type 8	Push work and stressful conversations to the side, enjoy an illustrious dinner at various fine dining establishments around town each week, and go for a ride in the car with jazzy music afterwards. To go the extra mile, compliment them and tell them how much their sexiness and strength arouses you.
Type 9	Get activated with a fun workout followed by a night of vegging out and eating gourmet favorites in total comfort clothes! To go the extra mile, allow your 9 to educate you on pop culture references that may not be

simply within their scope of work interest but just for fun, such as comic book story arcs or favorite celebrity backstories.

The above ideas are a great place to start when you're trying to plan dates that will resonate deeply with both you and your partner, but romance shouldn't be limited to once a week. The list below is full of little ways to integrate romance into your daily life in ways that will make your partner feel valued and cared for.

### **Ideas for Being Romantic with your Partner**

- Share a poem that reminds them of you. You don't have to write it if you don't want to, just spend a minute or two googling one. You can text it to them, or better yet, read it to them when you find a moment of alone time.
- Grab your spouse for a slow dance in the living room, at a park, or anywhere.
- Whisper how attracted you are to them in their ear.
- Make them a card or write a special note.
- Buy a romantic nightie or special lotion for the two of you to use. This is especially great if you're not the spouse to typically initiate in this area.
- Give them beautifully wrapped flowers. This can be a tiny bouquet or even flowers picked by the side of the road.
- Write them a love letter and then mail it.
- Call in a special song on the radio and ask them to listen to that station if and when you get through.
- Write "I love you" on the bathroom mirror with a piece of soap, or if you are female, lipstick.
- Kiss your spouse's hand.
- Look deep into your spouse's eyes, hold their hand, and kiss them.
- Make a sincere toast from the heart during a meal.
- Leave your spouse a voicemail with a clip from a romantic song and tell them you love them and you're thinking of them.
- Buy your spouse a romantic CD or iTunes song that makes you think of them.
- Buy a small, inexpensive, thoughtful gift for them each week.
- Cut out paper hearts and neatly write out special memories that the two of you have shared on them. Place them in a special keepsake box.
- Make an intentional move to hold hands.
- Buy a meaningful piece of jewelry for them.
- Buy them costume jewelry or nice cologne that is inexpensive but also attractive.
- Set a bath from them with their favorite items and help to dry them off.
- Sing your spouse a karaoke song, or if you know how to play an instrument, practice and play a song for them. Do this at home or out and about if you aren't shy!
- Serenade them from the bottom of the house or outside their bedroom window.
- Hold a sign that says "I love you" or something else they'll find romantic outside their window. Throw pebbles (NOT rocks) at their window to help them see you standing outside.
- Plan a special surprise date.

- Eat dinner by candlelight, serve a gourmet meal, or ask the kids to be your servers and to provide a romantic dinner. Alternatively, if you have young children put them to bed early for a surprise at-home date. Have a few of your spouse's favorite foods or games ready to enjoy.