GREAT RELATIONS

THERAPY PACKAGE

FUN FOR COUPLES



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INTRODUCTION

Fun For Couples

With the therapy package, you gain access to a selection of conversation exercises, reflection tools, fun activities, and games that you can offer your clients to use between your therapy sessions.

This will enable more effective therapy, allowing you to work more deeply because reflection will take place that supports your work and allows you to guide your client in exploring personal themes at varying paces.

In this way, you contribute to the client gaining a deeper understanding of their own challenges and opportunities when reflection time and dialogue are practiced between sessions.

Your client will have a felt experience that what succeeds in therapy with you can be transferred to succeed at home, even when you are not present.

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This package includes:
Fun For Couples contains 6 different fun activities for couples who need to connect more closely through play, inspiration, and experiences. The purpose is to create a light atmosphere and use humor as a lever for challenging conversations or insights.



HOW TO USE THE PACKAGE

Get the most out of each therapy session

Read all the guides thoroughly first

All exercises, dialogue guides, and activities can be used as part of a therapy course. We recommend that you, as a therapist, review all parts of the package yourself so you can determine, for each client, when in the process the person is ready to take one or more exercises home. The exercises can be used in both individual therapy and couples therapy, but are not suitable for children or teenagers

STEP 1

Give the relevant guide to the client as homework. You can either send a screenshot of the digital version, print the entire therapy package, or adjust your printer settings to print only page 5, etc. Review the exercise with the client so they understand it.

1

STEP 2

The client completes the exercise at home during the time interval before the next session.

2

STEP 3

In the next session, you discuss the insights the client has gained.

3

EXERCISE 1

Exercise: Dialogue cards – meet your partner in a new way

In our dialogue cards, you will find a reflection tool designed to bring more presence into your busy everyday life, as well as rekindle curiosity in your relationship. The cards cover deep, fun, serious, and exciting questions.

They can be used as a tool to spark interesting conversations that you don't usually have, and to delve deeper into the patterns you experience in your relationship. In short, you can use the cards for whatever you need, whether you're looking for a different and fun conversation or to explore your connection more deeply.

You can choose to print our reflection questions, turning it into a game that encourages presence.

Our dialogue cards will undoubtedly initiate conversations that bring new insights about yourself and the person you share the conversation with.

You will find the cards on the following pages...

EXERCISE 1

Exercise: Dialogue cards – meet your partner in a new way

Reflection questions

What are your soft spots?

Reflection questions

How do you react when you are under pressure?

Reflection questions

Do you take on a passive or an active role in conflicts?

Reflection questions

I long for more ____ in our relationship

Reflection questions

Define what the following words mean to you: Respect, honesty, loyalty, commitment?

Reflection questions

Share something that you don't think your partner knows about you.

Reflection questions

What do you think your partner's soft spots are?

Reflection questions

What interests do you think you have in common?

Reflection questions

Share what you appreciate and like about your partner.

Reflection questions

Describe what you fell in love with in your partner.

Reflection questions

Tell what you wish your partner would do more of for you in everyday life?

Reflection questions

What fantasy do you long to fulfill?

Reflection questions

What desires do you have for your intimate life together?

Reflection questions

What do you think is one of the funniest experiences you've had together?

Reflection questions

Which vacation do you think is one of the best you've had together?

Reflection questions

What differences do you notice in your personalities?

Reflection questions

IIn which situations do you think you face challenges in your relationship?

Reflection questions

When do you think your relationship thrives the most?

Reflection questions

Share an example of a conflict or challenge that you feel you managed well together.

Reflection questions

What reactions do you each experience that can challenge the other the most?

Reflection questions

What do you consider your strongest resource as a couple?

Reflection questions

What five words do you think best describe your relationship—and why?

Reflection questions

What future dreams do you have for both of you?

Reflection questions

What can make you really sad or dissatisfied?

Reflection questions

What can make you really happy or satisfied?

EXERCISE 2

Exercise: Vision board for shared goals

Create Shared Financial Goals:
Identify your shared values and turn them into specific goals. Examples of common goals might include saving 10,000 DKK, planning to retire by a certain age, or having a specific amount in your children's savings account by the time they turn 18.

Make a vision board with these goals and hang it on the refrigerator in your kitchen, so you can always see them. Visualizing your goals can help you stay motivated and accountable.

The following pages include vision boards in various formats and colors that you can print out.

Great Relations

VISION BOARD

LONG-TERM FINANCIAL DREAMS

(These can be less realistic)

SHARED SHORT-TERM GOALS

1. _____

_____

2. _____

_____

3. _____

_____

NOTES:

SHARED LONG-TERM GOALS

1. _____

_____

2. _____

_____

3. _____

_____

NOTES:

INDIVIDUAL SHORT-TERM GOALS

1. _____

_____

2. _____

_____

3. _____

_____

NOTES:

INDIVIDUAL LONG-TERM GOALS

1. _____

_____

2. _____

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3. _____

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NOTES:

Great Relations

VISION BOARD

LONG-TERM FINANCIAL DREAMS

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NOTES:

INDIVIDUAL SHORT-TERM GOALS

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NOTES:

INDIVIDUAL LONG-TERM GOALS

1. _____

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2. _____

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3. _____

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NOTES:

Great Relations

VISION BOARD

LONG-TERM FINANCIAL DREAMS

(These can be less realistic)

SHARED SHORT-TERM GOALS

1. _____

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4. _____

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5. _____

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NOTES:

SHARED LONG-TERM GOALS

1. _____

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4. _____

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NOTES:

Great Relations

VISION BOARD

LONG-TERM FINANCIAL DREAMS

(These can be less realistic)

SHARED SHORT-TERM GOALS

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NOTES:

SHARED LONG-TERM GOALS

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NOTES:

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2025 GOALS

COMMON SHORT-TERM ECONOMIC GOALS

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5

GOAL 6

Great Relations

2025 GOALS

COMMON SHORT-TERM ECONOMIC GOALS

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5

GOAL 6

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ECONOMIC GOALS

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ECONOMIC GOALS

EXERCISE 3

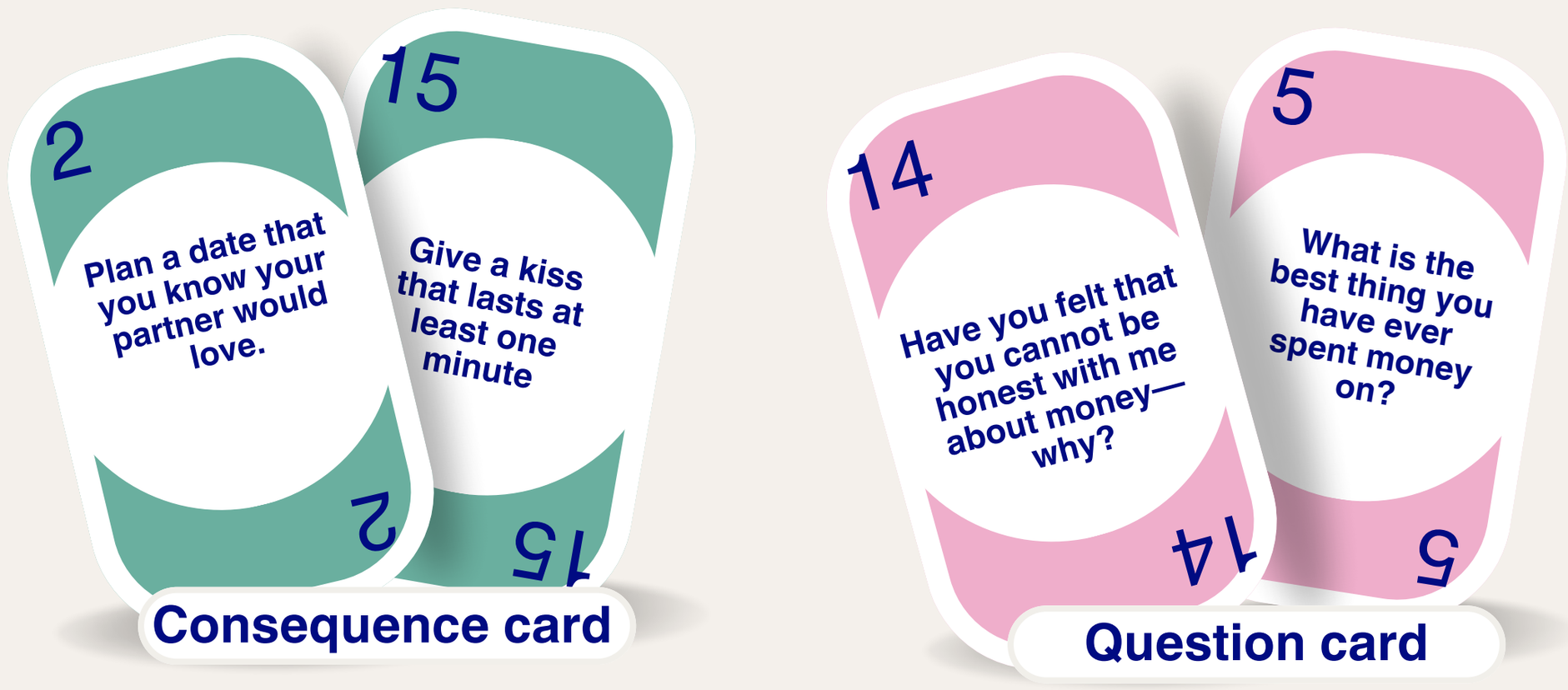
Exercise: The Money Game

The goal of the game is for you to start an open, honest, and easy conversation about economics so that you can find common ground. Avoid jumping to solutions and providing direction; that is not the purpose of this game. That will come later in this course.

Remember to be open and simply listen to your partner's responses without belittling or condemning them.

Here are the rules of the game:

- The game consists of a series of probing questions about your relationship with money and economics.
- Each partner takes turns answering the questions honestly and openly.
- If one party finds a question too difficult to answer honestly or needs a break, they should take a "consequence card," which indicates a short and fun challenge.
- When both parties have answered all the questions, the game is over.



Consequence Cards

1

Open the window and shout out to the neighborhood what you appreciate about your partner

1

2

Plan a date that you know your partner would love

2

3

Tell your partner what you noticed the first time you saw each other

3

4

Tell your partner a white lie that you haven't told them yet

4

5

Draw the tattoo you wish your partner would get

5

6

Do ten push-ups or high knee lifts

6

7

Write a short love letter to your partner and read it aloud

7

8

Share an embarrassing/ funny experience from your life

8

9

Put on a costume for the rest of the game

9

10

Time yourselves kissing each other for at least 2 minutes

10

11

Give your partner a foot wash—the whole spa experience

11

12

Call your mom —you know it's about time!

12

13

Give your partner a massage where it's needed the most!

13

14

Time yourself while you compliment your partner for 2 minutes

14

15

Give a kiss that lasts at least one minute

15

16

Put on some of your partner's clothes for the rest of the game

16

17

Play some music and dance for your partner

17

18

Tell your partner your favorite joke

18

19

Sing a verse from a love song

19

20

Plan a date that you know your partner would love

20

Question Cards

1

If you won 1 million, what is the first thing you would spend your money on?

1

2

What is the advice you wish you had given yourself earlier about spending money?

2

3

What is the craziest thing you have ever spent your money on?

3

4

What is the best gift you have ever bought for someone else?

4

5

What is the best thing you have ever spent money on?

5

6

Which statement is more accurate?

- Money equals happiness
- Money is a necessary evil—not the most important thing

9

7

Do you have financial goals or dreams that you haven't shared with me?

7

8

Is there something you regret spending money on recently?

8

9

Have you experienced difficult situations with others where money was involved?

6

10

Which statement is more accurate?

- Money is meant to be spent
- Material possessions are not the most important thing

10

11

Do you feel that you can get stuck in friendships because of money?

11

12

Is there something you haven't told me that you've spent money on?

12

13

What is your biggest worry? Do you think it affects your spending habits?

13

14

Have you felt that you can't be honest with me about money - why?

14

15

Have you felt that our finances have affected our relationship? If yes, how?

15

16

How do money and finances affect your self-esteem?

16

17

What feelings arise in you when you think about our current financial situation?

17

18

Do you think our financial responsibilities are distributed equally in the relationship?

18

19

Do you feel that our financial situation limits your happiness/opportunities?

19

20

Do you feel influenced by social pressure rather than our values about money?

20

EXERCISE 4

Exercise: Budget-friendly date ideas

To help you spend time together without spending too much money, we have created a list of date ideas that you can use. The list is divided into four categories by color: cheap outdoor activities ($), cheap activities at home ($), budget date activities ($$), and activities for a special occasion ($$$).

How to do it

Download the templates and print them out. You can then cut them out and place them in a mug or a box. The next time you have time and desire, draw one of the slips and do the activity written on it. Keep in mind that each color indicates a specific price level. We have even included blank templates where you can write your own date ideas that match your interests!

Alternatively, you can save them on your computer and look at them for inspiration on date nights.

The next section contains vision boards in various formats and colors that you can print out.

CUT OUT THE CARDS, MIX THEM UP, AND CHOOSE A DATE!

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DATE IDEAS

$ BUDGET-FRIENDLY OUTDOOR ACTIVITIES

- HAVE A PICNIC IN THE GARDEN WITH HOMEMADE SANDWICHES AND LEMONADE
- CREATE A HOME WORKOUT ROUTINE AND EXERCISE TOGETHER
- GO TO A FOOD MARKET AND FIND SOMETHING NEW FOR DINNER
- GO STARGAZING ON A CLEAR EVENING
- GO TO AN AMUSEMENT PARK AND HAVE FUN TOGETHER
- GO ON A ONE-DAY CAMPING TRIP
- GO OUT AND DO SOMETHING SPORTY TOGETHER (E.G., PICKLEBALL, BADMINTON)
- HAVE A BARBECUE NIGHT IN THE BACKYARD OR ON THE BALCONY
- MAKE HOMEMADE ICE CREAM OR ICE POPS AND ENJOY THEM OUTDOORS
- VISIT A LOCAL FARMER'S MARKET/FLEA MARKET
- TAKE A WALK ON THE BEACH AT SUNSET AND BRING SOME WINE
- VISIT A NEARBY ANIMAL RESERVE OR ZOO
- GO ON A BIKE RIDE IN A SCENIC AREA
- GO FOR A HIKE TOGETHER IN A LOCAL PARK OR NATURE RESERVE.
- RENT A ROWBOAT AND EXPLORE A NEARBY LAKE
- HAVE A PICNIC IN A NEARBY PARK OR OPEN AREA
- MAKE A BONFIRE ON THE BEACH OR IN A LOCAL PARK
- GO ON A PHOTO WALK AND TAKE PICTURES OF YOUR EXPERIENCES

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DATE IDEAS

$ HOME ACTIVITIES (ALMOST) FREE

- HAVE A MOVIE NIGHT WITH POPCORN, SNACKS, AND ICE CREAM
- DO A BLIND TASTE TEST, POSSIBLY FOR DESSERT
- CREATE A BUCKET LIST TOGETHER OF YOUR DREAMS!
- MAKE HOMEMADE PIZZA TOGETHER AND ENJOY IT WITH SOMETHING NICE TO DRINK
- MAKE HOMEMADE PASTA TOGETHER—AND LAUGH WHEN THINGS GO WRONG!
- START A SCRAPBOOK TOGETHER AND ADD YOUR RECENT PHOTOS
- PREPARE A ROMANTIC CANDLELIT DINNER TOGETHER AND TRY A NEW RECIPE
- HAVE A HOME SPA DAY WITH MASSAGES AND FACE MASKS
- HAVE A GAME NIGHT AND PLAY YOUR FAVORITE BOARD GAMES OR CARD GAMES
- HAVE A KARAOKE NIGHT AND SING YOUR FAVORITE SONGS!
- HAVE A FONDUE NIGHT WITH MELTED CHOCOLATE OR CHEESE
- DO A PUZZLE TOGETHER AND ENJOY HOT COCOA OR TEA WHILE IT RAINS
- HAVE A BOOK CLUB NIGHT WHERE YOU DISCUSS YOUR FAVORITE BOOKS
- LEARN A NEW DANCE TOGETHER USING A YOUTUBE TUTORIAL
- HAVE A RELAXING DATE DAY WHERE YOU LOUNGE ON THE COUCH/BED ALL DAY
- PLAY 'TRUTH OR DARE
- BAKE HOMEMADE COOKIES (OR OTHER SWEET TREATS)
- GO TO A FOOD MARKET TOGETHER AND FIND SOMETHING NEW FOR DINNER

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DATE IDEAS

$$ BUDGET DATE ACTIVITIES

- GO TO A BOARD GAME CAFÈ AND PLAY A GAME THAT YOU'VE NEVER TRIED BEFORE
- RECREATE YOUR FIRST DATE
- HOST YOUR OWN WINE TASTING AT HOME. EACH OF YOU BUYS 1-2 WINES
- SIGN UP FOR A COOKING CLASS TOGETHER
- GO TO A BAR THAT HOSTS QUIZ NIGHT (PARTICIPATE IF YOU DARE)
- GO SEE A MOVIE TOGETHER AT THE CINEMA
- VISIT A MUSEUM OR AN ART GALLERY
- GO TO A TRAVELING CIRCUS OR TIVOLI TOGETHER
- VISIT A NEARBY DANISH TOWN THAT YOU HAVEN'T BEEN TO BEFORE
- PLAY MINI-GOLF OR GO BOWLING TOGETHER
- TRY A NEW RESTAURANT OR STREET FOOD IN YOUR LOCAL AREA
- ATTEND A FOOD FESTIVAL OR A FAIR
- HAVE A HOMEMADE BURGER NIGHT
- GO FISHING AT A POND, LAKE, OR HARBOR
- ORDER TAKEOUT TOGETHER AND WATCH A MOVIE
- MAKE HOMEMADE COCKTAILS/MOCKTAILS
- GO TO A BAR AND TASTE EACH OTHER'S DRINK SELECTIONS
- GO TO A PLACE WHERE YOU CAN DANCE

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A LITTLE MORE EXPENSIVE DATE IDEAS

$$$ ACTIVITIES FOR A SPECIAL OCCASION

- GO TO THE PARK AND PACK A GOURMET PICNIC WITH CHAMPAGNE AND TREATS
- BOOK A PERSONAL TRAINER FOR AN HOUR TOGETHER
- SIGN UP FOR A WINE/GIN/RUM TASTING
- PLAN A ROMANTIC GETAWAY AND START BOOKING WHAT YOU NEED
- GO TO A CONCERT TOGETHER WITH MUSIC YOU DON'T KNOW YET
- GO TO A COMEDY SHOW OR STAND-UP TOGETHER
- GO TO AN ESCAPE ROOM AND GET SCARED TOGETHER
- TAKE A COOKING CLASS TOGETHER
- GO OUT TO EAT AT A NICE RESTAURANT YOU DON'T KNOW
- RENT A ROWBOAT OR KAYAK AND GO ON A SCENIC SAILING TRIP
- GO TO THE THEATER AND SEE A PERFORMANCE OR MUSICAL
- EAT AT HOME, AND THEN GO TO A RESTAURANT FOR DESSERT
- GET A SPA DAY OR A COUPLES MASSAGE
- BOOK A CHEF TO COME HOME AND PREPARE DINNER FOR YOU
- GO TO A RESTAURANT AND CHOOSE EACH OTHER'S MEALS
- TAKE A DANCE CLASS TOGETHER
- ATTEND A PROFESSIONAL SPORTS GAME OR EVENT
- TAKE A ONE-NIGHT STAY AT A BEACH HOTEL

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DATE IDEAS

$ BUDGET-FRIENDLY OUTDOOR ACTIVITIES

WRITE YOUR OWN HERE

CONVERSATION 1

Conversation: Developing the foundation of the relationship: Friendship

You can get inspired by this fun exercise that can create light conversation and allow you to share some laughs together. It aims to make you aware of what you don’t yet know about each other and what it takes to meet in beautiful experiences. This can help you find a path towards developing a solid friendship, which is the foundation for your romantic relationship.

Interview Each Other

- What is the funniest thing we have tried together?
- What is the most embarrassing thing you have done while knowing me that you haven't told me about?
- Have you ever done something embarrassing at work?
- What makes you laugh when you think about me?
- Who would I be if I were a celebrity?
- When do you think we feel most connected? What are we doing then?
- What did you do as a child with friends that was wonderful/crazy/weird?
- Did you have any fun hobbies as a child?

The questions continue on the next page.

CONVERSATION 1

Conversation: Developing the foundation of the relationship: Friendship

Continue Interview Each Other

- How would your friends describe you?
- What does a good friend mean to you?
- What was the best vacation you've ever been on?
- If you could travel anywhere right now, where would it be?
- What is a unique talent that you have?
- What is your favorite game?

Play Together: 2 Truths & 1 Lie
Get to know each other better with fun and strange facts by playing "2 Truths and 1 Lie." The game involves telling each other three things, where two are true and one is a lie.

This is a humorous way to bring out funny memories that no one would guess you've experienced. For example, "I have saved a life," "I have climbed a mountain," "I have gone bungee jumping," "I showed up at the wrong school on the first day," "I showed up for a blind date but ended up sitting at the wrong table," etc.

In general, this game can create great conversations afterward, where you explain what you've done and show each other a bit of humanity, which isn't always perfect but is often funny.

CONCLUSION

Good Luck!

Thank you for your interest in utilizing these communication guides from Great Relations, which we have created for you as a therapist to support your work with your clients. We wish you all the best in conveying them further.

We welcome your feedback, so feel free to share how you have used the package and whether it brings value to you and your clients. We also appreciate constructive criticism.

GREAT RELATIONS

