

SAMPLE

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What Does Play in a Relationship Really Mean?

Success in a relationship isn't about avoiding fights. It's not about leaving the toilet seat down or going to a fancy restaurant on your anniversary. It's not about "date night" or struggling through tough times together. Success comes from creating memories. It's about having shared, fun experiences that the two of you can think back to and say "that was a good day." Great relationships need to be more than simply going through the motions. Great relationships require play – the ability for the two of you to go out, have fun, appreciate each other's company, and create new memories along the way.

Defining "Play"

Far too often people focus on what they "need" to do in a relationship. But relationships should never be forced. You and your partner are meant to be each other's best friends, and best friends are those that spend a lot of time engaging in activities that excite you.

As a result, "Play" doesn't have a formal definition. Some people are excited by dinner parties and the occasional walk along the beach with the dog. Others are excited by increasingly adrenaline charged activities, such as skydiving or bungee jumping. Play is about finding things that both of you can enjoy that have nothing to do with work or obligation, focusing on the things the two of you can do to make every free moment an event that solidifies your relationship.

How Do You Introduce Play Into a Relationship?

You and your partner need to introduce ways to make your relationship non-stop fun. You can do that in grand ways, such as:

- Travelling and going on exciting adventures.
- Joining a sports league or competitive group and partner against competition.
- Sharing in hobbies that improve your skills and allow you to spend time as a couple.

These activities are a great way to create lasting memories. However, play can be introduced in much smaller ways every day, even when you have little time to go out together. Some examples include:

- Having a squirt gun fight in the kitchen while cleaning the dishes.
- Making fun of strangers while shopping for clothes in the mall.
- Creating a makeshift treasure hunt while shopping for groceries.

Most people view "Play" as some type of immense romantic gesture that's expensive and time consuming, but play can be integrated into every task and chore the two of you undertake together. The idea of play is to make as many moments fun and enjoyable as possible. Couples that successfully introduce play into their relationship see only their job as "work." Everything else – and everything they do with their partner – is turned into a fun activity that helps make their relationship stronger.

The Importance of Play

Relationships are also friendships, and friendships are based on the idea of having fun. You may not have as much free time as you used to, but you do still have each other, and if you can successfully add play into the relationship, that will be more than enough to help your relationship thrive.