

Worksheet for Developing Your “Ing” List: Exciting Activities to Reclaim Couple Involvement

By Peggy L. Ferguson, Ph.D.

When trying to find things to do together, use this list as a starting point for identifying activities that you have potential interest in. Identify new things to try, old things to get reacquainted with, things that you currently do but with a spin. Brainstorm some things you might enjoy learning. Here are some suggestions. Feel free to use any of these and add your own. When you have **individually** reviewed and added to this list, compare notes with your partner. Identify items that you both have any level of interest in. The “Ing List” is catalog of ideas for engaging in activities together.

Instructions for using The “Ing” List Worksheet

Go over this list individually. Each partner will identify the activities in which they have any interest at all. Assign a numeric value from 1 (somewhat) to 10 (extremely) to indicate interest level. Add to the list as you think of other activities that you might be interested in.

When you individually reviewed the list, compare what you have interest in and give identified items a numeric value for level of interest.

When you discover similar interest levels for activities, develop a plan to begin to pursue these activities.

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Partner 1	1- 10		Partner 2	1- 10	Activities
					Boating
					Playing volleyball
					Walking
					Watching movies
					Cooking together
					Gardening
					Going to the theater
					Going to the ballet
					Traveling
					Staying in a B&B, cabin, luxury hotel
					Dancing To the Oldies in your kitchen
					Playing Golf
					Taking Classes
					Attending concerts
					Picnicking
					Fishing
					Getting a couples’ massage
					Dining out

				Participating in a progressive dinner
				Having morning coffee on your deck
Partner 1	1- 10	Partner 2	1- 10	Activities



The Honey Jar helps couples create a safe and comfortable space to communicate and express their thoughts and feelings. It allows couples to practice active listening and recognize the emotions behind their partner’s words. The Honey Jar helps couples restore closeness to build healthier relationships.

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