

# Is It Creative Play Time Or Wasted Time?

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You are probably courting or married because you enjoy having fun together. With time, however, interests can change or we can just get busy about life and not take the time to recreate together. Check your "Play Quotient" to see if you're in the same ball park.

## Recreation Preferences: When it's time to have fun, the kind of activities that

	<b>Indoor</b>		<b>Either</b>		<b>Outdoor</b>
<b>1. I prefer are:</b>	1	2	3	4	5
<b>My spouse (boy/girlfriend, fiancé/fiancée) prefers:</b>	1	2	3	4	5
	<b>Sedentary</b>		<b>Either</b>		<b>Physical</b>
<b>2. I prefer:</b>	1	2	3	4	5
<b>My spouse prefers:</b>	1	2	3	4	5
	<b>Solitary</b>		<b>Either</b>		<b>Groups/Teams</b>
<b>3. I prefer:</b>	1	2	3	4	5
<b>My spouse prefers:</b>	1	2	3	4	5
	<b>Cooperative</b>		<b>Either</b>		<b>Competitive</b>
<b>4. I prefer:</b>	1	2	3	4	5
<b>My spouse prefers:</b>	1	2	3	4	5
	<b>Intellectual</b>		<b>Either</b>		<b>Brainless relaxation</b>
<b>5. I prefer:</b>	1	2	3	4	5
<b>My spouse prefers:</b>	1	2	3	4	5
	<b>Spectator</b>		<b>Either</b>		<b>Participative</b>
<b>6. I prefer:</b>	1	2	3	4	5
<b>My spouse prefers:</b>	1	2	3	4	5

## For Discussion:

### 7. How much fun do you get per hour?

How many hours per week do you typically spend recreating by yourself? \_\_\_\_

(include fitness regimens, playing computer/video games, etc.)

How many hours per week do you spend recreating with your spouse? \_\_\_\_

If you have children, how many hours do you spend recreating with them? \_\_\_\_



### 8. How much fun do you get per dollar?

Is cost a factor in what kind of recreation you choose?

Is it worth it?

### 9. Couple time vs. individual time

Does your spouse spend a lot of time (more than one night a week) doing a hobby or recreation that you don't share?

What's your favorite way to relax together?

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## SCORING:

+1 point for each Recreation Preference in which you and your spouse differ by no more than 2.

+1 point for each correct prediction of spouse's response (within 1 point).

+5 points for 6-15 hours of couple recreation per week.

- 5 points for less than 5 hours or more than 15 hours of couple recreation (unless you're retired).

+5 points if you share two or more hobbies.

- 5 points if you don't share any hobbies.

- 3 points if either of you regularly spend more than one night a week recreating apart from the family.

### Total points \_\_\_\_\_

0 - 5 points: Take a break. You are at risk for being a dull, over-worked mate.

6 - 15 points: Is your job so much fun that you're counting it as play? Unless you're retired, consider that you may be focused too much on your own pleasure. Look for ways to serve others during your discretionary time.

16+ points: You probably have a healthy balance of fun, family, and work in your life.

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### BONUS questions for discussion:

#### Humor

The kinds of thing that makes me laugh are:

Jokes, my own foibles, practical jokes, puns, comics, \_\_\_\_\_

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### When "Whatever you want to do, honey, is fine with me" is not really true.

#### I'd rather:

A. rent a movie

B. go to a movie theater.

#### I'd rather:

A. go to a play, concert, dinner

B. stay home and play cards, a game, or watch TV

#### I'd rather:

A. watch a sport

B. play the sport

C. do something unrelated to sports