

Merry and Married

Strengthen Your Bond With Your Lover Through Fun and Meaningful Conversations.

The holidays are the perfect mix of magic and mayhem, and marriage is no different! This year, embrace the chaos, laugh through the mishaps, and turn holiday hiccups into moments that bring you closer together. Based on the principles of Imago Dialogue, this fun and festive challenge will guide you through five intentional conversations that promote connection, understanding, and emotional intimacy. So, snuggle up by the light of the tree and give one or all of them a try!



Gratitude & Love

DAY
01

Action: Share one thing you're grateful for about each other or about the family. Take turns sharing why that specific thing brings you joy.

Imago Tip: Practice mirroring—repeat what your partner or family member said to ensure understanding. This helps avoid misunderstandings and shows you're truly listening.

Festive Twist: Share a funny holiday memory or tradition that makes you smile.

What I Appreciate

DAY
02

Action: Compliment each other on something that may have gone unnoticed. It could be a personal trait or a thoughtful gesture.

Imago Tip: Use active listening—listen without interrupting, and then respond with validation, letting them know you hear them and finding what makes sense in what they have shared (e.g., "It makes sense...").

Festive Twist: Tie it to the holiday season. Maybe it's the way they handled holiday prep or how they make the house feel festive.

Dreams & Wishes

DAY
03

Action: Share one holiday wish for the family or your relationship. What's something you hope to create or experience together in the coming year?

Imago Tip: Use the "compliment sandwich"—start with appreciation, then share your wish, and finish with encouragement.

Festive Twist: Share a fun holiday dream, like a dream vacation or an experience you'd love to have together.

Memory Lane

DAY
04

Action: Share a favorite memory from past holidays and explain why it's meaningful to you.

Imago Tip: When listening, be curious—ask questions that show you're genuinely interested in their story. This promotes deeper emotional connection.

Festive Twist: After the story, ask each other what the best part of that memory was and how it made you feel.

Current Joys & Challenges

DAY
05

Action: Take five minutes to share what you're currently enjoying about the holidays and what may be causing stress or difficulty. Offer each other emotional support just hearing what is shared without offering solutions.

Imago Tip: Practice validation—acknowledge the feelings of the other person without trying to "fix" them. Sometimes, just being heard is the most supportive gift.

Festive Twist: After discussing any challenges, come up with a fun way to alleviate stress together.

Note: The Imago Dialogue, explained in more depth, can be found here (insert here)!