

Hi!

SEE BELOW FOR AN AWESOME RELATIONSHIP BUILDING ACTIVITY THAT CENTERS ON MUSIC AND CONNECTION 🎹👤

Music has always been a central part of my life, relationships, and emotional experiences. Whether happy or sad, heartbroken or glad, anxious - confused - or mad, mad, mad...music is something that I turn towards to help me process feelings.

Humans are wired for music. Our language and speech has a rhythm and cadence that is musical, our heartbeats sync up with the speed of the music we listen to, and when we sing to or with someone we build trust and connection.

This month, whether you celebrate Mardi Gras, Valentine's Day, or Black History Month I encourage you to bring music into your relationship to deepen your shared experience.

MUSIC DATE ACTIVITY:

1. Schedule at least 25-30 minutes with your partner.
2. Each person picks a few favorite songs ahead of time and comes ready to talk about why the song is meaningful to them and how they feel about the lyrics.
3. Take turns sharing songs, talking about how you feel when you listen to them, ask each other questions, and maybe dance!!

*Extra credit for using high quality speakers or headphones so that you actually hear all the nuance of the music the way the artist intended.

**My picks for this activity:

[Squeeze Me](#) - Louis Armstrong (w/ Duke Ellington)

Two of my absolute favorite artists! The lyrics express the need and desire we all have for tenderness and vulnerability...

[Thinking of You](#) - Sister Sledge

A funky and fun song about the joy of passionate and ecstatic love! This is one where you pretty much cannot help but shake your butt and dance.

[You're Already Gone](#) - Christone 'Kingfish' Ingram

To love is to trust another with your heart...we've all had that trust broken and lived through relationships ending. This sad and emotional song takes us through the doubt, fear, and worry which comes when we feel disconnected.

With intention,
-Dr. Dan

Please reach out to let me know how I can help and support you! Please share [my website](#) with someone you know who may need support from a counselor OR book sessions yourself with [my online calendar](#). Available for daytime sessions and VERY limited afternoon/evening sessions.

*Reminder that when you schedule your first session you receive a FREE .pdf of '*Check-in & Chill: The Couples Guide to Healthy Communication*'. This one-of-a-kind resource was developed using the best research on how to help couples stop their endless pattern of conflict and feel more connected. Explore 15+ pages of detailed step-by-step instruction, example scripts, and answers for common relationship questions.

