

## Couple's Guide: **After "Happily Ever After"**

### Designed for couples

This is an **Anytime Activity**, an activity framed with Jewish ideas and text, that you can pull up anytime and experience with your partner in 30 minutes or less, created by the Center for Jewish Engagement and Learning. This **Anytime Activity** is all about concepts of **Love**. This couple's guide provides a framework and tools to help you get the most out of this activity.

#### **What will you need?**

All of the text-based materials you need are included in the **Anytime Activity** via hyperlinks on the website.

#### **How to use the Anytime Activity:**

**Find a good time to engage with your partner! Find a comfortable spot to sit together, perhaps a glass of wine, and open the **Anytime Activity**.**

**Happily Ever After:** reflect on this idea and your own experience of hearing it while growing up. How much influence do you think it has had on your thinking? Is it realistic? What comes after?

**Seinfeld:** Watch the video about Seinfeld falling in (out of) love. What does this tell you about the love displayed here? What makes love last?

**Days of Joy:** How can Yom Kippur also be a day of joy? What's your experience of Yom Kippur? Why do you think it would be appropriate to be joyous on Yom Kippur.

**Reflect:** Think back you the first time you met your spouse, partner or someone with whom you have a significant relationship. What do you remember from that first meeting? Think about/reminisce on that first encounter.

**Primary Sources from the Talmud:** Check out the events that took place on Tu B'Av that eventually gave rise to this modern holiday. They describe some tragic events which eventually were resolved on Tu B'Av. why do you think these events led to a day of joy? Why do you think it became a custom to match couples on this day?

**The Story of Will Reeves:** Watch the video of Will Reeve as he reflects on what it would take for him to go on after the passing of his parents, Christopher and Dana Reeve. What qualities and ideas does he express that can help you withstand the challenges of life together, as a couple?

**Supplemental Activity:** Check out the three sources, which are intended as conversation starters to help you and your partner delve deeper into understanding love, commitment and joy. Let these sources inspire you as you explore the ideas of "A Match Made in Heaven", a love is not dependent on anything and the importance of forgiveness.

**After "Happily Ever After":** What do you think comes after "Happily Ever After?"

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From your fans at CJEL,

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