



Rituals of Connection



This season is the perfect time to reflect on your current rituals of connection and create meaningful new rituals with your partner.

Rituals of connection are an important tool for successful relationships and a way of regularly turning towards your loved ones. In a romantic partnership, couples with relationships rich in rituals and traditions are able to create shared meaning, the top level of the Sound Relationship House.

Meaningful rituals can be big or small. They can be created around special days such as anniversaries or birthdays, or more everyday interactions such as how you start your mornings or how you initiate intimacy.

Start with this quick quiz to assess the strength of the rituals in your relationship:

RITUALS OF CONNECTION QUIZ

Read each statement and mark “**T**” for “true” or “**F**” for “false.”

- T / F** We see eye to eye about the rituals that involve family mealtimes in our home.
- T / F** We are on the same page about how we celebrate Thanksgiving, Christmas, Passover, and other holidays.
- T / F** End-of-the-day reunions in our home are generally special times.
- T / F** We see eye to eye about the role of TV in our home.
- T / F** Bedtimes are usually good times for being close and winding down together.
- T / F** During the weekends, we do things together that we enjoy and value.
- T / F** We have the same values about entertaining in our home, like having friends over, hosting parties, and so on.
- T / F** We both value (or dislike) special celebrations like birthdays, anniversaries, and family reunions.
- T / F** When I become sick, I feel taken care of and loved by my partner.
- T / F** I really look forward to and enjoy vacations and the travel we do together.
- T / F** When we do errands together, we generally have a good time.
- T / F** We have routines around saying goodbye to each other and reuniting.
- T / F** When we are burned out or fatigued, we have ways of becoming renewed or refreshed.

Scoring: Give yourself one point for each “true” answer. If you score below 3, your relationship needs some improvement in this area. You may need to create more rituals of connection in your relationship!



Creating Rituals of Connection



Agree on at least two important rituals of connection that you'd like to add to your relationship. Remember, rituals can be big or small.

HERE ARE SOME AREAS YOU CAN CREATE RITUALS AROUND:

- How you celebrate birthdays, anniversaries, holidays, and rites of passage such as graduations
- Planning date night
- Spending time with friends and family
- Vacations, adventures, and play
- Initiating sex, how you both generally refuse sex, and how you talk about sex
- Staying healthy physically and mentally
- Morning routines and daily reunions
- Bedtime routines and falling asleep together
- How you handle chores, finances, and to-do items
- Dealing with illness or grief
- Discussing relationship issues and communicating
- How you renew each other's spirit or cheer each other up
- Talking about stressful events
- How you repair and move on after arguments
- Expressing pride in each other and appreciation
- Expressing needs and dreams to each other



Just for Fun: Fall Rituals



Why not try out some new fall rituals during this season?

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Watch each other's favorite seasonal movies or shows
- Prepare a fall-themed meal and enjoy it together, distraction free
- Take a walk around your neighborhood and admire the changing season
- Find a local volunteer opportunity to start together
- Go on a fall-themed date to the pumpkin patch, apple orchard, or haunted house
- Start a two-person book club and read a book together
- Share what you're thankful for with your loved ones

*You can find more great Rituals of Connection conversation starters in our free, **Gottman Card Decks App**.*