

Create a Connection Ritual

To thrive as a couple, it is vital to make time for each other. Closeness is not something that happens by chance but must be part of an ongoing ritual, especially after the initial blush of romance in a relationship.

Without taking sufficient action, the chance is that you will wake up one day and realize you have drifted apart (Stone, 2019).

Use the following questions to create a positive relationship ritual, beginning with making shared time in your calendar:

1. What time of the day and week are you both regularly free?

2. How do you currently spend that time? Are you distracted by phone/TV, chores, etc?

3. Are you both willing to compartmentalize that time and protect it from other distractions? And how?

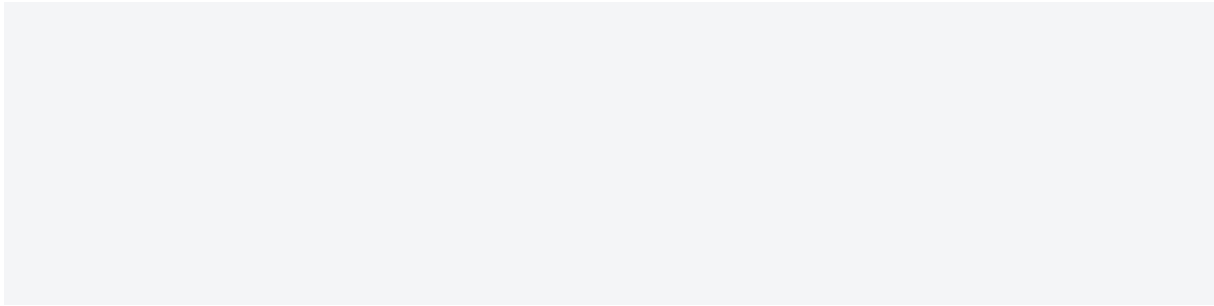
4. What makes you feel most connected? Intimacy, talking, walking, enjoying a shared experience?

5. What would be your dream date if there were no limits?

6. Can you find a way of taking the essence of that date and do something locally (within budget)?

7. Are there any interests that you could share with each other and with no one else?

8. What would you look forward to doing if you had time together without interruptions?



Use what you have learned to find time and activities to maintain and grow your relationship bond.

References

- Stone, R. (2019). *Relationship workbook for couples: A guide to deeper connection, trust, and intimacy for couples young and old*. [Kindle DX version]. Retrieved from <https://www.amazon.com/dp/B07Q6Z7CJF/>

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