

6 TYPES OF RITUALS TO MAINTAIN IN YOUR MARRIAGE

PART TWO

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Last week we shared the first three ways that developing rituals can improve your marriage. To review, here are the first 3 relationship rituals:

- 1. The Goodbye/reunion ritual**
- 2. The Celebration ritual**
- 3. The Holiday ritual**

Here are two more rituals that can improve your marriage IF you invest a little time and effort to create these habits.

4. The daily ritual

These might be mistaken for the mundane parts of marriage, but don't be fooled. They can actually be the glue that connects all the exciting ups and downs to the ho-hum parts of life as a married couple. Think of things like your perfectly coordinated execution of prepping coffee in the morning and then sitting down to enjoy it together, settling into the couch for a few quiet minutes of cuddling after the kids are in bed, or brushing your teeth together every night before crawling into bed for pillow talk. While they don't seem exciting, they shape your day-to-day relationship through comforting moments that you can count on.

5. The dating ritual

This might sound rather specific, but it can actually encompass all kinds of things related to dating and romance with your spouse. It could simply be having a weekly date night, or it could be what you do to get ready for your date, what you do on the date, or after it. It might be going to a certain place for a certain occasion, or even a ritual you have to indicate to each other you want to go on a date. Continuing to date each other all throughout your marriage is important, and having rituals tied to it can help make that time spent together feel special.

6. The silly ritual

Nicknames that no one else knows about, an over-the-top secret handshake when your favorite sports teams get a win, a nonsensical phrase that originated from an inside joke years ago that means "I love you." These are all examples of some lighthearted, yet meaningful rituals you might share in your marriage. Often, they are started without intention, but the bond and "we"-ness they cultivate is priceless. These are the types of rituals that only come with a sense of friendship, longevity, and knowing each other well; you can't fake them. They highlight the uniqueness of your relationship, strengthen your bond, and show affection.

What kinds of rituals do you have in your own marriage? Are there things you didn't even think of as rituals, things you want to make sure you keep up, or new ones you'd like to create?