

## *Bonding Rituals for Couples*

- Daily check-in by phone or email
- Hello and good-bye rituals  
(3 to 4 times a day)
- Daily stress-relieving conversations
- Weekly date night or outing
- One appreciation per day, minimum

## *And for Singles*

Do these rituals with a friend or disperse them among several friends. We all need bonding with others and don't have to be in a committed relationship to feel connected to other human beings.

Note: this information was adopted from John Gottman's book  
"The Seven Principles for Making Marriage Work"

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