

Daily Relationship Building Rituals

Set a time aside in advance that's convenient for both of you. Sit together and make eye contact; eliminate all distractions if possible.

1. Tell each other three appreciations. Optimally, these are about how your partner showed up for the relationship, helped you out, nurtured you or tried to be a better person. These can also be about tasks done, how the other handled a situation or any other general attribute in him or her that you find valuable. Three appreciations is a good daily maintenance number; if you are in hurry do at least one. It is not recommended to go on and on and do more than four or five because then your partner may start to tune out and appreciations may lose their value.

2. Tell each other stressors or vulnerabilities outside the relationship that you experienced or that you may be facing the next couple of days. Ask your partner how you can best support him/her in their stress or vulnerability.

3. Share any withholds that you have with your partner. Withholds are any challenging feelings (hurt, fear, anger, concern) you have as a result of an interaction with your partner during the day. ***This step is only recommended if the relationship is strong and not stressed.*** Even in a sound relationship this step can be challenging if it involves particularly strong feelings. Please seek a mediator/counselor when this step is too loaded.

4. End with a relational intention. A relational intention is something your partner is longing for in her/his interactions with you and that you commit to work on and fulfill. For instance, your partner may need to hear that he/she is important to you, that you will never leave him/her, that you will listen more closely, that you will support his/her endeavors, that you think he/she is the best, the smartest, the funniest, or the sexiest person in the whole universe for you.

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