



Couple Rituals and Traditions



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will identify couple traditions and rituals already present in their relationship, as well as name new traditions and rituals they would like to start.

Audience: This tool is appropriate for a wide range of clients, including those in new relationships as well as those who are part of more established partnerships.

Estimated Time: 15-30 minutes

Educator Instructions: Before reading the instructions on the tool, start with the Discussion Starter below or something similar. Review the different types of traditions and rituals, and consider giving an example from your own life. Allow clients to come up with their own lists of traditions and rituals. After they have time to come up with examples, take a moment to talk about their responses. Talk about selecting activities from their list of new traditions/rituals.

Discussion Starter: A strong family has a commitment to one another and keeps increasing in strength because of the time they spend together. The way we do things becomes our family traditions. There are three types of traditions to recognize: **celebration traditions** (built around special occasions like birthdays or holidays), **family traditions** (special things created within each family to fit their lifestyle, like vacations or "pizza night"), and **patterned family interactions** (e.g., bed time rituals or saying "I love you" every morning). This tool will help you identify traditions and rituals that exist already in your household. You will also name some new traditions and rituals that you would like to start in your family.

Follow-up: During your next visit, ask whether clients were more aware of the traditions and rituals in their family life. Ask about how they plan to implement the new traditions and rituals they named on the tool.





Couple Rituals and Traditions



The special things we look forward to as a couple and the everyday routines we follow are like threads that bind us together. The ways we do things become our traditions and rituals. They are rarely written down, but they are important to our connection with each other.

Use this tool to identify traditions and rituals that already exist in your relationship, as well as to name some new ideas you would like to try.

What are 3 things you and your partner do together almost every day?
(Examples: kiss, hug, talk about our day, eat a meal, share morning coffee)

What are 3 things you do with your partner as traditions, things you look forward to and plan?
(Examples: holiday or birthday celebrations, vacation)

What are some things you wish you and your partner did together every day? Be specific. How could you and your partner begin these new rituals?

What are a few new traditions that you would like to start? Be specific. How could you and your partner begin these new traditions?

Families that have the strongest ties have the most traditions and rituals in their life.