Rituals of Us

SMALL HABITS THAT HOLD THE BOND

> *Grand gestures make good stories.*
> *Small repeated ones make lasting love.*

Connection that isn't protected gets eaten. Work, kids, screens, and plain logistics will take every unclaimed minute of a shared life. Not out of malice, just appetite. Couples who stay close rarely have more time than couples who drift. What they have are rituals: small, protected, repeating moments that belong to the two of them.

A ritual's power is in its reliability, not its size. The real kiss at every goodbye. Ten minutes with tea after the kids are down. The Saturday walk. The check-in question, "how's your heart today," asked like you mean it. Each one is a repeated answer to the question under everything: you can count on me. Here I am again. And again.

Build yours on purpose and defend them without apology. A ritual skipped once is just life. Skipped for a month, it is a message. And when you drift, and every couple does, rituals are the path home. You don't have to solve everything to come back to the evening tea. You just have to show up to it and let the repetition do its work.

DESIGN THREE RITUALS

1. A daily one (under ten minutes): a goodbye kiss, a hello hug, an evening check-in. Pick one and protect it.
2. A weekly one (about an hour): a walk, a meal, a standing date. Put it on the calendar like a doctor's appointment.
3. A repair one: the phrase or gesture that always means "I want to find our way back."
4. Give each ritual a nickname. Named things survive busy seasons better.
5. After a month, check in. Which ritual is feeding you most? Feed it more.

WHEN IT'S HARD

If rituals feel forced at first, scripted, unromantic, even a little silly, that is normal and temporary. Meaning grows into repeated forms. It always has. The hundredth evening tea holds something the first one couldn't. Keep showing up before it feels meaningful. That is how it gets meaningful.

TO SIT WITH

What small ritual did you have early on that quietly disappeared? What did it used to say?

Which fifteen minutes of your current week could become protected, starting now?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris