

Building Connection for Busy Couples

With the full lives most couples lead, it's easy to take for granted the connection you have together. That may be sustainable for very short periods, but if it goes on more than a day, our relationship wellbeing will begin to suffer. Our brains and bodies work best if we get a little bit, more often. We will spare ourselves overt and covert conflict by building daily rituals of connections. We were created for deep, intimate connection together on a daily basis.

There are simple but powerful ways we can keep our connection with each other strong. One of those is hellos and goodbyes during the small daily transitions that are naturally a part of our day.

Try these out this week. Think of it as an experiment (so no judging or criticizing each other with it) to see what works for you to build your connection.

Welcome Home Ritual:

Today, when you get home, make a beeline for your partner. Better yet, see if you can greet each other at the door. Greet each other first (before kids, guests, pets). Remember this is the most important person in your life.

Take time to greet them without skimping. Look into each other's eyes until you see your partner relax. Their eyes will soften, their shoulders will drop, and they may sigh.

You could also try a melting hug. Embrace each other, leaning into each other, belly to belly and hold on until you feel your partner fully relax. Notice where your partner might be holding tension and gently massage that spot for a second. Relax into each other's care. As you part, take a moment and look into each other's eyes.

Now you might also like to add a few statements. Your spouse's body and mind are primed and able to receive well your verbal input. Below are a few Welcome Home Statements that you might like to try out, or use your own.

Notice how you feel. Notice how your partner feels. Focus on this good feeling for ten or so seconds. Enjoy the peace and wellbeing this brief ritual brings to your whole household --- even your kids.

Welcome Home Statements:

1. I'm so glad you're home. I missed you.
2. Getting home to you is my favorite part of the day.
3. Seeing your lovely/handsome face again is the best.
4. I'm home again in your arms.
5. I love you. We're in this together.

Farewell Ritual:

Taking time to send each other off well matters. When we are apart, we may not realize this, but being apart can sometimes be distressing, and sometimes more for one partner than another. It's important that partners don't just disappear or leave without establishing that connection first. We want to send each other off in a way that is able to affirm connection that can sustain the separation positively.

Today, even though you may be rushing to get out the door, or one of you may even still be asleep when the other leaves, make sure you connect first.

Capture each other's gaze and hold it for more than a second, hug, kiss, and send each other off with a good feeling. You can also add a few statements of blessing to give to your partner. Below are a few farewell statements you can try out. Experiment and try out what works for you.

Farewell Statements:

1. My heart is tethered to yours.
2. Call me if you need to talk. I'm available.
3. You are the love of my life. I'm just a phone call away.
4. Go enjoy work. I can't wait to give you a hug when we get home.
5. I love you. I've got your back.