

5 Rituals for Relationship Connection

When you feel safe, supported, and seen in your relationship, your nervous system relaxes — and your body can prioritise fertility. These simple rituals help you come back to each other, even when life feels busy.

Daily Check-In (2 Mins) _____

At the end of each day, ask:

- “What was **one good thing** about today?”
- “What’s **one thing you need from me** tomorrow?”

These micro-moments of honesty build trust more than long, heavy conversations.

Gratitude Swap _____

Before bed, each person names **one thing they appreciated** about the other that day — big or small. When gratitude becomes a habit, criticism naturally quiets down.

Weekly Ritual Night _____

Choose **one night a week to connect** — no phones, no admin talk. It can be a walk, a shared meal, or even folding laundry together with music on.

Touch Without A Goal _____

Spend **5 minutes giving or receiving gentle touch** — a back rub, a cuddle, stroking their hair or face. Then swap.

Physical touch lowers cortisol and oxytocin rises (your body’s “bonding and safety” hormones.)

Shared Intention Setting _____

Sit together and name **one shared focus for the week** — e.g., “slowing down mornings,” “getting outside together,” or “saying no to overcommitting.”

Shared intention keeps you moving as a team rather than two individuals managing chaos.

