

Creating Shared Meaning in Marriage

Rituals:

1. As a couple, list several of the rituals that have developed in your marriage. What are some of your favorite rituals?
2. What new rituals would you like to start in your marriage?

Roles:

1. What does it mean for you to be a husband/wife? A father/mother?
2. Choose one role and describe to your spouse how they can better support you in that role.

Goals:

1. As a couple, share 1-2 of your goal's to your spouse.
2. How are you actively discussing and supporting your spouse's goals?

Values:

1. What are 2-3 core values that guide your marriage?
2. What are 2-3 symbols (actual or tangible) that hold meaning to you as a couple?