

The Secret To Ending Boring Routines

Routines are a main reason why married couples get bored and drift apart. A routine is something you do over and over again but lacks emotional meaning.

For instance, if you and your spouse have dinner together every day but don't pay meaningful attention to each other during that time, that's a routine. Boring! (And harmful, too.)

The easiest way to break routines in marriage is to inject emotional energy and meaning into them, turning them into rituals.

The Difference Between Rituals and Routines

The main difference between a ritual and a routine is that a ritual has a positive emotional meaning. A routine has little or no emotional significance.

Rituals are beneficial to the marriage because they improve your emotional connection.

Routines are boring and add very little to the marriage.

There's nothing wrong with doing the same thing over and over as long as it means something to both of you.

However, keep in mind that one person's ritual is another person's routine – so ensure that both of you are deriving emotional fulfillment from your rituals.

Also, remember that it's possible for a ritual to turn into a routine. So be on guard.

For instance, a couple might start going on date nights to nurture their emotional connection but then later lose sight of the emotional aspect/reason for date nights. If that happens, the date night becomes a routine.

From Couple's Routines to Couple's Rituals

Want to reframe your routines into rituals? Start by paying more attention to each other during routine activities.

By doing this, you transform simple activities like grocery shopping into opportunities for nurturing a deeper emotional connection through communication, playfulness, or expressions of affection.

Sure, grocery shopping and other mundane activities may take longer, but isn't it worth it for the sake of a happy marriage?

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!