

# RITUALS OF CONNECTION

E-BOOK



**BWT.**

# RITUALS OF CONNECTION

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I'm a lover of love, but if I'm honest I've been a battler of it as well.

Failed relationship after failed relationship, heartbreak after heartbreak.

It really wore me down.

I realised that a large percentage of what was causing the above, rested mostly on my shoulders.

I didn't know how to do relationships and I'd picked up a lot of unhealthy traits along the way. Traits that were making relationships a lot harder than they needed to be.

Not only that, I also found myself in the wrong relationships, ones where I stayed longer than I should have. That is part of the reason I started spending hundreds of hours studying relationships.

My girlfriend Shani and I are a long way from having the perfect relationship, I'm not exactly sure what that even looks like or if there is such a thing. As a couple, we also never want to position ourselves as the gurus who have all the answers. But, one of the many things Shani does well is be all in on this journey as we explore answers, tools and solutions to help us constantly evolve and improve our relationship.



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Being in a relationship with someone that can do this feels amazing. From my experience personally and professionally, it is also pretty rare.

Through the studies I've done on relationships, there have been many tools that have helped us, but none have played a bigger role than our weekly 'rituals of connection'.

Every Sunday, we spend time connecting and communicating about how we are doing individually and as a couple.

We talk about what's working, what's not, what we need from each other and how we're feeling.

We ask questions that help us better understand each other and get to know each other a little better.

It's something we literally started in the first week of our relationship (we were good friends for six months prior so it didn't seem like a big deal to us) and something we've done every Sunday since. I think we've missed two Sundays in our whole relationship, and we did them on Monday.

I emphasise the every because an exercise like this is only effective if you do it regularly. You're not going to get much out of it if you only do it every now and then.

So make it a regular thing in the diary.

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It sounds a bit formal (like a regular meeting), in a way it is and in a way it's not. We both know that it's on every Sunday, but we'll often do it while we're going for a drive or for a walk at the beach.

I think it's worth making it semi-formal, then you both know that it's important to be present and you come prepared for it.

You're not chatting while you're watching the footy or while playing on your phone. You're giving the relationship your full presence and undivided attention for a small part of your week.

It means that you have an opportunity to speak exactly what is on your mind and nothing goes unsaid or suppressed in the relationship, which from what I've seen, is one of the biggest problems.

So, enough with the formalities, let's get into some juicy questions you can ask each other.

**BWT.**

A close-up photograph of two hands clasped together, with fingers interlaced. The hands are positioned in the lower half of the frame. The background is a soft, out-of-focus sunset or sunrise scene with warm orange and yellow tones. A thin white vertical line runs down the center of the image, passing behind the text.

# QUESTIONS TO ASK

- 01
- 02
- 03
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- 05
- 06
- 07
- 08
- 09
- 10
- 11
- 12
- 13

How could I have **SUPPORTED** you better this past week?

What can I do to better **SUPPORT** you this coming week?

When have you felt **MOST SUPPORTED** in our relationship?

What did you want to **SAY** or **DO** this week that you didn't?

How could I have stepped more into my **MASCULINE/FEMININE** this week?

What do you need from me for us to **STRENGTHEN THE POLARITY** (masculine/feminine) in the relationship?

Where do you feel my **WORDS AND ACTIONS** aren't aligned?

What makes you feel **UNSAFE** in the relationship (even if it's small)?

When do you feel the **SAFEST** in our relationship?

What do you want to **EXPLORE** sexually in our relationship this week/this month?

What **SHARED EXPERIENCED** do you want to do together? (first time things like an adventure/activity etc)?

What are you most **PROUD** of in our relationship?

What's one area you want to **FOCUS** on in the relationship?



14

What do you find **MOST ATTRACTIVE** about me?

15

What do you find **LEAST ATTRACTIVE**?

16

On a scale of 1-10 how **APPRECIATED** do you feel in the relationship and what would make it a 10?

17

On a scale of 1-10 how **DESIRED** do you feel in the relationship and what would make it a 10?

18

What's something you've **NEVER DONE** but want to try?

19

If you could change **ONE THING** in our relationship what would it be?

20

Where do you think we're **PLAYING SMALL** in our relationship?

21

What do you feel the relationship needs to take it to the **NEXT LEVEL**?

22

What are you most **UNSATISFIED** with in our relationship?

23

Where do you feel you're doing things because you **HAVE TO** instead of because you want to?

24

If you have any underlying **RESENTMENT** toward me or about our relationship, what is it?

25

What's one thing you need/want for **DEEPER CONNECTION**?

26

On a scale of 1-10 how would you rate our **COMMUNICATION** and what would it take for it to be a 10?

27

What are you most **GRATEFUL** for in our relationship?

28

How can I support you with your **VALUES** better?

29

What would the ultimate **VALUES, VISION AND LIFESTYLE** look like for our relationship?

30

What would the **ULTIMATE WEEKEND** look like for you and us?

31

What would the **ULTIMATE HOLIDAY** look like for you and us?

32

What's your **LOVE LANGUAGE**? And how would you like to be shown love within that?

33

Whats your **EROTIC BLUEPRINT** and how would you most like that to be expressed in our relationship?

34

Where are your **NEEDS** not being met?

35

When are you feeling most **TURNED ON** within the relationship?

36

Where are you feeling most **TURNED OFF** within the relationship?

37

How can I best support you when you are **STRESSED**?

38

What is the most **STRESSFUL** thing in our relationship for you?

39

What do you feel you need for more **PASSION** in our relationship and more passion in your life?



40

Whats the **BEST SEX** we've had and why?

41

What do you think it would take for you to feel more **ALIVE** within this relationship?

42

On a scale of 1-10 how good do you think I am at **LISTENING** to you and what would make that better for you?

43

How **SAFE** do you feel within the relationship? What would it look like for trust and safety to go to the next level?

44

What would it look like for our sex life to be more **FULFILLING**?

45

What would it look like for you to feel more **FREE** in the relationship?

46

When do you feel **MOST LOVED**?

47

What for you, would make up a **GOOD SEX LIFE**?

48

What do you want **MORE** of this week?

49

What do you want **LESS** of this week?

50

What do you want to be **ACKNOWLEDGED** for this week?

51

What do you want to **CELEBRATE** this week?

52

How **BALANCED** do you feel in our relationship?

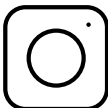


# RITUALS OF CONNECTION

*Looks like you've got the next year's worth of  
questions and connections ready to go!*

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**Let us know how you go**



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