

## **Principles For Managing Family Rituals**

Here is a summary of the major principles for successful rituals:

1. *Adult agreement* - if husband and wife do not agree on the ritual, it will not work.
2. *Eventual buy-in from the children* - older children in particular may resist changes at first, especially if they diminish their freedom and spontaneity. A ritual that works well will eventually win the allegiance of the children.
3. *Maximum participation* - the more that family members are involved in planning and carrying out the ritual, the more meaningful it is likely to be.
4. *Clear expectations* - rituals of all kinds require enough co-ordination that people know what to do and when to do it.
5. *Minimal conflict* - most successful rituals occur without regular tension and conflict.
6. *Protection from erosion* - good rituals must be fought for.
7. *Openness to change* - Rituals have their seasons for planting, cultivating, pruning, and harvesting. Intentional Families are forever changing while holding onto their important traditions

This material, taken from the book, "The Intentional Family", is used with the written consent of the author, William J. Doherty, Ph.D.