

Re-Establish Old Traditions...

The words "tradition" and "traditional" seem to have become synonymous with "old-fashioned", "boring" and "outdated". In a world where modernity, technology and change have become all the rage, a great many people have abandoned tradition, often to their own detriment.

As we get older, it seems that the world around us is changing at a speed much faster than we can keep up with. And, as we begin to notice this, a part of us is crying out for things that don't change. And adults aren't the only one's looking for a little stability; children crave it too!

When you and your mate first got together, what traditions did you share? Did you meet up after work on every Friday afternoon to share a drink at the local pub? Did you spend Saturday mornings washing your cars? Did Sunday's find you sharing a pew, listening to your minister's sermons?

Whatever your tradition may have been now is the perfect time to dust it off and bring it back to life! Don't be afraid that you'll be thought of as boring or predictable. By rejuvenating old traditions, you'll also be able to recapture the wildly exciting emotions your relationship initially grew from!

The same applies to old family traditions. Did you used to host the family Thanksgiving meal at your home, with friends and relatives coming from all over to share in a feast of turkey, dressing, pumpkin pie and thankfulness? Plan on doing it again this Thanksgiving, and all of the other Thanksgivings to come.

When your kids were little, did you let them open a present on Christmas Eve, just before it was time to go off to bed? Even if the kids are older now, or even out of the house, try it again this Christmas Eve. The chances are that you'll see a familiar sparkle and excitement in everyone's eyes, no matter how much older they've grown.

When the kids were still in school, did you transform your home into a haunted house on Halloween, complete with candy, costumes and spooky music? Who cares if you're fifty years old and all of your kids have left

home...do it again! If you keep the tradition alive after everyone expects it to fade away into the past, you increase the likelihood that it will be a tradition you shared not only with your spouse and children, but also your neighbors and your future grandchildren!

In a world where yesterday's innovations are obsolete today, you, your spouse and your family need to know that no matter what, there are some things that will always remain the same. By re-establishing these traditions, you offer your family a fun and fulfilling way to keep grounded. Your marriage and family traditions will serve as a strengthening anchor point in life.

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

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