

Around



**Eating Together in
Marriage & Family**

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**ENNEAGRAM &
MARRIAGE**

AT THE TABLE

ENNEAGRAM + MARRIAGE

Eating habits together can foster health and vibrant bonding or lead to complete frustration and meltdowns in your family!

In addition to our “Around the Table” podcast episode, this freebie will give you a sense of connection and health in your family again around your food habits!

Ask these questions when you get together for a weekly, biweekly, or monthly marriage meeting. (It’s always a good idea to calendar it!)

What do you love best about eating?

What is most annoying about it?

Do you have any food habits that irritate you or me? (Ask this of both and try to be open-minded)

What is one of our habits of eating together as a couple? (Ex: Do we have any rituals?)

Do you like eating with me or do you prefer eating alone?

What would make our dining experience more pleasurable together?

What can we do to bring in more balance and healthy mealtime habits as a family (consider reading, phones, meal prep, behaviors at the table, etc).