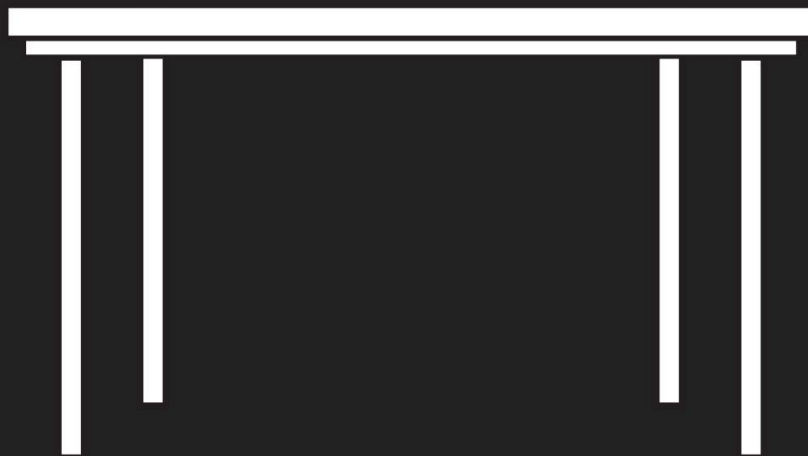


**Eating Together In  
Marriage and Family**

**AROUND**

*The Table*



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**ENNEAGRAM + MARRIAGE**

## At the Table

Overview	The eating habits a family shares can either foster health and vibrant bonding or lead to frustration and meltdowns! For this reason, reflecting upon these habits and bringing intentionality and mindfulness to mealtime can be a grounding activity for either a marriage or family. With hope, the sense of attunement that is shared during meals will spill over into other areas of the relationships.
Objective	Use the discussion questions to help create a sense of connection and health in your family around your collective food habits!
Getting Started	<p>When you're beginning to bring awareness to mealtimes and what you hope to get out of them as a family or couple, the E + M podcast episode <a href="#">Around the Table: The Role of Eating Together for Healthy Marriages</a> is a great launching point.</p> <p>From there, utilize the discussion questions below as a focal point of your next weekly, biweekly, or monthly marriage meeting. Allow each person time to answer all of the questions. Maintain an open mind when engaging some of the more uncomfortable questions.</p> <p>Remember, it's always a good idea to actively schedule family and/or marriage meetings into your calendars to ensure they happen!</p>

## Discussion Questions

- What do you love best about eating?
- What is most annoying about it?
- Do I have any food habits that irritate you?
- Do you prefer eating together or alone? Why?
- What is one of the habits that we enact when eating together as a couple? *I.e., Do we have any rituals?*
- If we have multiple habits, what are some that you appreciate the most or bring you joy?
- What would make our dining experience together more pleasurable? *I.e., Quality of food, the time we eat, setting, who shops, meal prep, candles, food delivery?*
- What habits can we integrate to bring more balance and health into mealtimes as a family or couple? *I.e., Consider the role of reading, phones, meal prep, behaviors at the table, etc.*

