

■ The Five Love Languages – Relationship Reflection Worksheet

Based on *The Five Love Languages* by Gary Chapman

1. Discover Your Own Love Language

Which of the five love languages makes you feel most loved?

Which language do you most often use to show love to others?

Are they the same or different? How does that affect your relationships?

2. Understanding Your Partner

What actions, words, or gestures seem to make your partner light up?

What do they often ask for or complain about (revealing unmet needs)?

Which love language might they value most?

3. Weekly Action Plan

Choose two specific things you will do this week to speak your partner's love language:

1. _____

2. _____

When will you do them? _____

4. Reflection and Adjustment

At the end of the week, reflect together or write privately:

- What worked well? _____
- What could be improved or tried differently? ____
- Did your partner feel more seen or valued? _____

5. Key Reminders

- Your partner's love language may differ from your own — learn to speak theirs.
- Small, consistent gestures create stronger bonds than grand but rare acts.
- Love is a daily choice expressed through care, attention, and flexibility.
- Check in regularly — love languages can change over time.