

UNDERSTANDING / WORKSHEET

How You Feel Loved: A Worksheet for Two

Compare the ways you each like to give and receive care, and turn a general preference into a specific, welcome gesture.

5 pages | 20 minutes, then one small experiment

A good way to use this

1. Describe real moments of feeling cared for before picking a label.
2. Ask your partner what a gesture means to them rather than guessing.
3. Choose one small, freely welcomed experiment and talk about how it felt.

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How You Feel Loved is Connected's own worksheet. Connected is independent and is not affiliated with or endorsed by Dr. Gary Chapman or The Moody Bible Institute of Chicago, owner of The 5 Love Languages® trademark.

Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / How You Feel Loved: A Worksheet for Two

Remember care that landed

Start with something that actually happened. A small, specific memory tells your partner more than a category on its own.

EXAMPLE "When you remembered my early appointment and made breakfast easy, I felt that my stressful morning was on your mind."

01 A recent moment when I felt appreciated was...

Partner A

Partner B

02 The detail that made it matter to me was...

Partner A

Partner B

03 A caring effort from my partner I may not have acknowledged yet:

Partner A

Partner B

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Compare forms of appreciation

For each form of care, describe something you welcome and any conditions that matter. Leave room for forms not listed. This is not a ranking or test.

Form of care	What A welcomes	What B welcomes
Encouraging words		
Undistracted time together		
Practical help		
Thoughtful gifts or gestures		
Affectionate touch, with consent		
Another kind of care		

A preference for touch never creates an obligation to provide it. Practical help also does not replace a fair division of shared responsibilities.

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Make the request specific

Explain what you would enjoy in a way your partner can understand, and ask what is realistic for them. Avoid asking them to read your mind or prove devotion.

EXAMPLE "Would you be up for ten minutes together without phones after dinner? If tonight is full, another evening would work."

01 One small gesture I would appreciate this week is...

Partner A

Partner B

02 A detail that would help it feel welcome, including timing or consent:

Partner A

Partner B

03 One gesture I would enjoy offering my partner, after checking with them:

Partner A

Partner B

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Learn from the experiment

After trying the gesture, share what it was like to give and receive it. You can appreciate the effort while asking for an adjustment.

EXAMPLE "The walk meant a lot. I would enjoy it even more if we did the errands afterward so the conversation did not feel rushed."

01 What helped me feel cared for was...

Partner A

Partner B

02 What I learned about giving care in a way my partner welcomes:

Partner A

Partner B

03 A small adjustment or gesture we would like to repeat:

Partner A

Partner B

Keep a little time for each other.

Keep discovering what care looks like for each other through shared daily questions in the Connected Couples App.