

The Language of Love:

Deepen Your Relationship
With Loving Communication

WORKSHEET



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Self-Reflection Worksheet

Do I make it a point to be open and honest with my partner, even in tough situations? How can I be more honest?

Do I follow through on what I've said I will do? Do I procrastinate? Why? What can I do to ensure that I always follow through?

How can I strengthen my effective listening skills and devote my full attention to my partner when they're talking with me?

Do we share our hopes and dreams together? What is our action plan of how we're going to make them happen? How can we work toward these dreams together?

When we disagree, how do we handle our differing opinions? How can we turn our disagreements into loving communication?

Do I sweat the small stuff? How can I develop more patience and understanding toward my partner?

How do I communicate my love to my spouse? Do I show my love numerous times each day? What else can I do to show my love and fulfill my partner's needs and desires?

Do we laugh together about something every day? What can I do to bring more humor and fun into our life?

**Do we make a special effort to schedule quality time together?
What does quality time mean to me? What does it mean to my
partner? How can we meet our needs for this time together?**

**What are some questions, compliments, or constructive feedback
I'd like to lovingly mention to my spouse?**
