

## Expanded Love Language Reflection Worksheet

**GardenShrink.Com**

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\*\*This worksheet combines Gary Chapman's original Five Love Languages with modern, research-informed additions. Use this tool to reflect on your own emotional needs, understand a partner's, and identify meaningful ways to express love in everyday life.

### **1. Words of Affirmation**

- What kinds of encouraging or supportive words feel most meaningful to you?

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- How do you prefer someone to speak to you during stress or conflict?

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- What compliments or affirmations stay with you?

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### **2. Acts of Service**

- Which tasks or forms of practical help make you feel cared for?

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- What actions reduce your stress the most?

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- Write an example of a meaningful act of service someone could do for you.

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### 3. Quality Time

- What makes time with someone feel truly connected?

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- Which distractions feel most hurtful during time together?

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- What kinds of shared moments help you feel seen and understood?

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### 4. Receiving Gifts

- What types of gifts feel thoughtful or meaningful to you?

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- Do symbolic or sentimental gifts matter more to you than expensive ones?

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- Write an example of a gift that made you feel appreciated.

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### 5. Physical Touch

- What kinds of physical touch feel most comforting or connecting?

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- How does touch help you feel secure during emotional moments?

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- Which forms of affection feel most natural or soothing?

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## 6. Emotional Security & Reassurance (Anchoring Together)

- What helps you feel grounded or emotionally safe in a relationship?

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- What kinds of reassurance calm your mind or body?

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- How do you know someone is emotionally dependable?

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## 7. Shared Experiences & Adventure (Exploring Together)

- What types of adventures or new experiences help you bond with others?

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- How important is trying new things together for you?

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- What shared experience made you feel especially connected?

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## 8. Intellectual Stimulation (Thinking Together)

- What kinds of conversations feel energizing or meaningful to you?

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- How do shared ideas or discussions help you connect?

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- Write an example of a topic or idea that deepens connection for you.

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### 9. Spiritual Connection (Growing Together)

- What spiritual, moral, or existential beliefs matter deeply to you?

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- How do you feel loved when someone shares spiritual meaning with you?

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- What rituals or practices make you feel spiritually connected?

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### 10. Humor & Play (Laughing Together)

- What kinds of humor or playfulness brighten your day?

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- How does shared laughter help you bond?

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- Write an example of a playful moment that strengthened a relationship.

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