

RELATIONSHIP RESET

RETHINK LOVE LANGUAGES & EMOTIONAL CONNECTION



RECONNECT. RESET. REBUILD YOUR INTIMACY ONE WEEK AT A TIME.

THIS FREE PRINTABLE WORKSHEET IS DESIGNED TO HELP YOU AND YOUR PARTNER REVISIT AND REFRESH YOUR LOVE LANGUAGES — BECAUSE LOVE ISN'T STATIC, AND NEITHER ARE YOUR NEEDS. (INSPIRED BY GARY CHAPMAN'S THE 5 LOVE LANGUAGES®)

STEP 1: REFLECT — HOW HAVE I FELT LOVED THIS WEEK?

Use this space to think about what made you feel seen, valued, and cared for this week.

- What did my partner do this week that made me feel loved?
- What made me feel disconnected or unloved?

STEP 2: SHARE — WHAT DO I NEED RIGHT NOW?

Use these prompts to guide a gentle, honest conversation.

- Right now, I would feel most loved if you...
- One thing that would help me feel more connected is...
- Is there anything I've done this week that made you feel loved?



STEP 3: ADJUST — MAKING A PLAN TOGETHER

Use this space to decide on one action each of you will try this week.

- This week, I will try to: _____
- This week, I would appreciate if you could: _____



REMINDER: LOVE LANGUAGES CAN CHANGE!

Which love language feels most important to you this week? (Check one or two)

- ☐ Words of Affirmation
- ☐ Acts of Service
- ☐ Quality Time
- ☐ Physical Touch
- ☐ Receiving Gifts



BONUS TIP:

**Use this worksheet during your regular check-in,
date night, or a quiet moment.**

Consistency builds connection!