
Understanding Our Couple Dynamic:

METHODS OF GIVING & RECEIVING LOVE & SUPPORT

You both love and support each other - that's why you're planning a future together! In all relationships, there are times when one partner's way of showing love gets lost in translation, and the other's efforts to give support miss the mark. Knowing each other's preferences can help you make each other feel most loved and supported going forward. Do this exercise individually before sharing your "method" with one another.

Check off one box in each section, next to the phrase that resonates most with you.

It's most meaningful to me when my partner...

- | | | | |
|-----------|--|-----------|---|
| 1. | a. <input type="checkbox"/> does a chore to help me out | 2. | a. <input type="checkbox"/> takes something "off my plate" when I'm busy or stressed |
| | b. <input type="checkbox"/> holds my hand | | b. <input type="checkbox"/> kisses me |
| | c. <input type="checkbox"/> compliments me | | c. <input type="checkbox"/> says: "I love you" |
| | d. <input type="checkbox"/> surprises me with a gift | | d. <input type="checkbox"/> gets me the perfect birthday gift |
| | e. <input type="checkbox"/> plans an activity for us to do together | | e. <input type="checkbox"/> takes me on a date |
| 3. | a. <input type="checkbox"/> does the dishes or laundry | 4. | a. <input type="checkbox"/> makes sure my vehicle is working correctly (i.e. oil change, etc.) |
| | b. <input type="checkbox"/> is intimate with me | | b. <input type="checkbox"/> holds me close |
| | c. <input type="checkbox"/> gives me a "pep talk" when I'm feeling down | | c. <input type="checkbox"/> celebrates my accomplishments |
| | d. <input type="checkbox"/> finds me an anniversary gift that represents our relationship | | d. <input type="checkbox"/> buys me an article of clothing that made them think of me |
| | e. <input type="checkbox"/> carves out time in a busy day to spend time with me | | e. <input type="checkbox"/> watches a movie or tv show with me |
| 5. | a. <input type="checkbox"/> makes me a meal | 6. | a. <input type="checkbox"/> takes out the trash |
| | b. <input type="checkbox"/> gives me a hug | | b. <input type="checkbox"/> cuddles me |
| | c. <input type="checkbox"/> expresses how much I mean to them | | c. <input type="checkbox"/> says: "I'm proud of you" |
| | d. <input type="checkbox"/> brings home my favourite food | | d. <input type="checkbox"/> brings me a thoughtful souvenir after travelling without me |
| | e. <input type="checkbox"/> takes time to listen to me when I talk about something | | e. <input type="checkbox"/> doesn't check their phone or e-mail when we're together |

ADD IT UP! Give yourself a score (out of 6) for how often you put a check next to each letter in the sections on the previous page. Which letter(s) did you check off most often? Rank them from 1 to 5 in the boxes below.

- **Mostly A's - Helping Out With Practical Tasks** **SCORE: ____ / 6**
I feel most loved and supported when my partner does practical tasks to help me.
- **Mostly B's - Connecting Through Touch & Proximity** **SCORE: ____ / 6**
I feel most loved and supported when my partner and I connect through touch.
- **Mostly C's - Expressing Affection in Words** **SCORE: ____ / 6**
I feel most loved and supported when my partner expresses (in words) how they feel about me and our relationship.
- **Mostly D's - Receiving Gifts & Tokens of Affection** **SCORE: ____ / 6**
I feel most loved and supported when my partner gives me a thoughtful gift or plans something special for us.
- **Mostly E's - Spending Time Together** **SCORE: ____ / 6**
I feel most loved and supported when my partner and I spend uninterrupted time together - doing activities or simply talking.

How do you show love and support for your partner?

Sometimes, the way you **feel** most loved and supported is the same way you **express** your love and support to others, but other times it can be quite different. What is the *primary* way you **show** love and support to your partner:

- ☐ I help them out with practical tasks
- ☐ I connect with them through touch or physical closeness
- ☐ I express my affection and support in words
- ☐ I give them gifts or tokens of my affection
- ☐ I spend quality time with them

*Inspired by and adapted from **The 5 Love Languages** Author: Gary Chapman and **Routes of Safety** by Jane Ernst, MSW, RSW.*

Understanding Our Couple Dynamic:

**METHODS OF GIVING & RECEIVING LOVE & SUPPORT
CONTINUED**

What we have learned about our preferred methods of giving and receiving love and support:

Write your **top 2 preferred methods of receiving love and support:**

Name: _____

Name: _____

Write your individual **preference when it comes to giving love and support:**

Given your *individual preferences for receiving* love and support, how could you best show and receive love and support to one another in a way that doesn't get lost in translation? How can you understand your differences / similarities?

Given your *individual preferences for showing* love and support, how can you show love and support in a way that is meaningful to both of you, taking into account your differences or similarities?