

Workbook: Discovering Your Preferences and Love Languages

Purpose: This exercise helps you explore your preferences in relationships, reflect on personal growth, and understand your love language to create deeper, more meaningful connections.

Step 1: Reflecting on Preferences

Instructions: Think about your past dating and relationship experiences. Use the questions below to guide your reflection. Really dig deep and be honest about what you like society or other people should not influence your preferences. Write your answers in the space provided.

1. **What worked well in your past relationships?** *(Example: Clear communication, shared hobbies, mutual respect.)*

Answer:

2. **What didn't work well?** *(Example: Conflicting values, lack of communication.)*

Answer:

3. **What traits do you typically look for in a partner?** *(Example: Sense of humor, ambition, emotional intelligence, attractiveness.)*

Answer:

4. **Have your preferences changed over time? If yes, how?** *(Example: Valuing stability over spontaneity.)*

Answer:

Step 2: Understanding Love Languages

Instructions: Take a moment to identify your primary and secondary love languages. Use the guide below if needed.

The Five Love Languages:

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

Questions:

1. **What actions make you feel most loved?**

Answer:

2. **What do you naturally do to express love to others?**

Answer:

3. **Rank the love languages from most important to least important to you.**

Words of Affirmation

Acts of Service

Receiving Gifts

Quality Time

Physical Touch

Ranking the love languages can be an important task if your primary love language is not that far off of your partners. Also know that sex is not always physical touch for everyone.

Step 3: Exploring Growth Areas

Instructions: Reflect on your individuality and growth areas using the prompts below.

1. **What personal goals are you currently pursuing (outside of relationships)?**

Answer:

2. **What activities bring you joy and fulfillment independent of dating?**

Answer:

3. **How do you prioritize self-care in your routine?** (*Example: Journaling, exercise, hobbies.*)

Answer:

Cultivating a fulfilling life outside of dating involves embracing your individuality and pursuing activities that bring you joy and satisfaction. This philosophy emphasizes the importance of personal growth, independence, and self-care. By focusing on your own happiness and well-being, you create a strong foundation that can enhance your relationships and overall quality of life. It's about finding balance and ensuring that your life is enriched by various sources of fulfillment, not just romantic relationships.

Step 4: Action Plan for Personal Growth

Instructions: Based on your reflections, create a simple action plan to prioritize personal growth and enhance your relationships. This work can lead to a discovery of what you're really looking for in a partner. Goals are good to set but we have to have a direction first. Start with two things one task focused on self-care, and another focused on self-discovery

Template:

Area of Focus	Specific Action	Timeline
Example: Self-care	Play my guitar 30 minutes every day.	This week
Example: Self discovery	Discuss my love language – with a family member .	This month