|  |
| --- |
| **Chart for Exercise 12**  **Know Your Love Styles**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** |
| 1. Make a list of as many of the ways that you often show your love to your partner that you can think of. (Take your time. It’s good to be thorough. Use the back if needed) |
|  |
| 1. Consider that each item you listed in step 1 can be classified as an example of a specific Love Style (read descriptions of each Love Style (<https://www.truity.com/page/seven-love-styles>). Next to each item in step one, list the corresponding Love Style that this item is an example of. |
| 1. Ask your partner if she would be willing to take the Love Styles Test at: <https://www.truity.com/test/love-styles-test>. Offer to take the test as well. The test will identify each of your preferred Love Styles. |
| 1. Suggest that you share your quiz results and accompanying explanations with each other. |
| 1. Independently, read through *both* of your test results and explanations. |
| 1. Now answer this question: “Did the style in which you most often give love to your partner match the Love Style she prefers most according to the test?” |
| 1. Write down some of the main realizations you have about your Love Styles thus far. |
|  |
| 1. Write down your thoughts about any things that might be blocking you from enjoying loving your partner in ways that are consistent with her Love Style. (If you feel at least somewhat unable to enjoy your partner’s love style and you can’t identify why, review the list of common things that often block motivation and enjoyment in [Step 6 in Chapter 17](#Ch_17_Sec_6)). Prepare to discuss these things with your partner and propose possible solutions. |
|  |
| 1. A) Ask her which parts of her Love Styles Test seem most accurate and which parts seemed less accurate. Share your thoughts about which parts of your test results seem most and least accurate as well.   B) Now discuss any barriers that might be impacting your motivation to connect with your partner in her preferred Love Style (see Step 9 above). Invite your partner to do the same in reverse. |