



# in the sheets

Worksheets for building relationship skills, communicating effectively & engaging in activities that enhance your connection.

*dates by  
love language*

Let's kick off the season of love by officially asking your significant other to be your valentine! This year, we're taking Valentine's Day to a whole new level by catering to your partner's love language.

Imagine dates tailored specifically to your favorite way of feeling loved – it's bound to make this Valentine's Day, or any date night, truly unforgettable.

To help you plan the perfect date, we've included a love language quiz with a range of creative ideas. Whether you're looking to spark romance, create memories, or simply have fun, we've got you covered.

Special thanks to Zoella for inspiring us with these fantastic ideas.

Sending lots of love your way,  
Covenant Therapy

# love language quiz

Select the one you prefer most out of your two options,  
the one that fits best right now.

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|-----|---|--------|
| 1.  | I like to receive notes of affirmation.<br>I like to be hugged.   | A<br>E |
| 2.  | I like to spend one-on-one time with a person who is special to me.<br>I feel loved when someone gives practical help to me.                  | B<br>D |
| 3.  | I like it when people give me gifts.<br>I like leisurely visits with friends and loved ones.  | C<br>B |
| 4.  | I feel loved when people do things to help me.<br>I feel loved when people touch me.  | D<br>E |
| 5.  | I feel loved when someone I love or admire puts their arm around me.<br>I feel loved when I receive a gift from someone I love or admire.     | E<br>C |
| 6.  | I like to go places with friends and loved ones.<br>I like to high-five or hold hands with people who are special to me.                      | B<br>E |
| 7.  | Visible symbols of love (gifts) are very important to me.<br>I feel loved when people affirm me.  | C<br>E |
| 8.  | I like to sit close to people whom I enjoy being around.<br>I like for people to tell me I'm beautiful or handsome.                           | E<br>A |
| 9.  | I like to spend time with friends and loved ones.<br>I like to receive little gifts from friends and loved ones.                              | B<br>C |
| 10. | Words of acceptance are important to me.<br>I know someone loves me when he or she helps me.  | A<br>D |
| 11. | I like being together and doing things with friends and loved ones.<br>I like it when kind words are spoken to me.                            | B<br>A |
| 12. | What someone does affects me more than what he or she says.<br>Hugs make me feel connected and valued.  | D<br>E |
| 13. | I value praise and try to avoid criticism.<br>Several small gifts mean more to me than one large gift.  | A<br>C |
| 14. | I feel close to someone when we are talking or doing something together.<br>I feel closer to friends and loved ones when they touch me often. | B<br>E |
| 15. | I like for people to compliment my achievements.<br>I know people love me when they do things for me that they don't enjoy doing.             | A<br>D |

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| 16. | I like to be touched as friends and loved ones walk by.<br>I like it when people listen to me with genuine interest.                       | E<br>B |
| 17. | I feel loved when friends and loved ones help me with projects.<br>I really enjoy receiving gifts from friends and loved ones.             | D<br>C |
| 18. | I like for people to compliment my appearance.<br>I feel loved when people take time to understand my feelings.                            | A<br>B |
| 19. | I feel secure when a special person is touching me.<br>Acts of service make me feel loved.   | E<br>D |
| 20. | I appreciate the many things that special people do for me.<br>I like receiving gifts that special people make for me.                     | D<br>C |
| 21. | I really enjoy the feeling when someone gives me undivided attention.<br>I really enjoy the feeling when someone helps me make decisions.  | B<br>D |
| 22. | I feel loved when a person celebrates my birthday with a gift.<br>I feel loved when a person celebrates my birthday with meaningful words. | C<br>A |
| 23. | I know a person is thinking of me when he or she gives me a gift.<br>I feel loved when a person helps with my chores.                      | C<br>D |
| 24. | I appreciate it when someone listens patiently and doesn't interrupt.<br>I appreciate it when someone remembers special days with a gift.  | B<br>C |
| 25. | I like knowing loved ones are concerned enough to help with my daily tasks.<br>I enjoy extended trips with someone who is special to me.   | D<br>B |
| 26. | I enjoy kissing or being kissed by people with whom I am close.<br>I enjoy receiving a gift given for no special reason.                   | E<br>C |
| 27. | I like being told that I am appreciated.<br>I like for a person to look at me when we're talking.  | A<br>B |
| 28. | Gifts from a friend or loved one are always special to me.<br>I feel good when a friend or loved one touches me.                           | C<br>E |
| 29. | I feel loved when a person enthusiastically does some task I have asked.<br>I feel loved when I am told how much I am needed.              | D<br>A |
| 30. | I need to be touched every day.<br>I need words of encouragement daily.  | E<br>A |

TOTALS:      A              B              C              D              E

- A. Words of Affirmation
- B. Quality Time
- C. Receiving Gifts
- D. Acts of Service
- E. Physical Touch



# words of affirmation

*Some words are felt deeper than others, and those who value words of affirmation tend to feel most connected to their partner upon hearing kind words or compliments- the less generic the better! These words of encouragement don't have to be spoken aloud either, and could instead include a simple hand-written note or card.*

## **Write each other a love letter during an at-home dinner date**

If delivering a heartfelt speech across dinner feels a little try-hard for your liking, a more achievable, less self-ick-inducing date idea might include a romantic home-cooked dinner, followed by exchanging cards or letters to one another that are filled with kind words and true expressions of your feelings. Your S/O will treasure it forever!

## **Recreate your first date**

There's nothing like heading back to the location of your first date or time you met to evoke some serious heartfelt feelings, triggering heartfelt exchanges aplenty as you reflect on how far you have come as a couple and the feelings that have grown during your time together. Pass the tissues!

## **Plan a scavenger hunt, featuring heartfelt notes**

Perfect for a special occasion date or to spice up your monthly date night, organizing a scavenger hunt around your city or home is the perfect way to sneak some words of affirmation and compliments into your time together, including sentimental words that are sure to leave a lasting impact.

## **Start a Couples Journal**

Sharing a journal with your partner and taking turns writing is a special way to deepen your bond. Each entry creates a treasure of shared memories and intimate moments, expressing your love and commitment in a unique way.

## **Visit a book store and buy each other a new book**

Words of a different nature here, but for those who value words of affirmation, picking out a romantic, sentimental or poignant book you think they would love will likely trigger big feelings. Write a meaningful note in the front and boom- dream gift, secured.

# physical touch

Those who value physical touch above all other love languages feel most loved when receiving affection through touch, be it a hug, sex, holding hands, an arm around your shoulders in public. Serotonin, dopamine, and oxytocin are released when we touch those we love, with oxytocin in particular being known as the bonding hormone. Physical touch lovers are more likely to enjoy public displays of affection and spontaneous kisses or touching of skin.

## **Couples Massage**

Grab the hot oil, light some candles and prepare for a sensual evening like no other. You need not be a professional masseuse to impress your partner with this date idea- sparks will be flying no matter what once the lights are dimmed and clothes are removed...

## **Book a dance class**

From swing to ballroom, foxtrot to tango, a dance class in which you're up close and personal with your partner is sure to inspire some flirty fun. Enjoy some quality time strutting your stuff together and enjoying physical touch galore.

## **Share a booth at dinner**

Dinner just got upgraded with this spin on your normal date night. Find a restaurant where you can share a booth and enjoy a delicious meal sat side by side. This simple switch to your normal routine offers a chance for your partner to feel physically close to you, and will truly make their heart sing.

## **Walk a new route holding hands**

Sometimes the less expensive dates are the best ones, and really who can top a Saturday morning walk and your love? Grab a pastry and find somewhere scenic to sit, before continuing your stroll hand in hand, feeling the love radiate between you both.

## **Go to a theme park**

Strapped in close on a roller coaster with your adrenaline pumping makes for a great date, and holding hands all day isn't bad either.

# receiving gifts

*Although this love language may on the surface appear materialistic, gift giving is far more about thoughtfulness than the value of a present. Gift giving reminds your partner that they are on your mind, no matter how small or inexpensive the gift is, and affirms to them that even when you are apart you are thinking of ways to make them smile.*

## **Pottery painting**

Head to your nearest pottery place and prepare for the most wholesome date of all. Not only is it a perfect way to spend quality time together, but you both get something to take away and keep forever- how cute!

## **Head to a gallery and hit up the gift shop**

The perfect way to spend a rainy day, local galleries, museums and exhibitions can offer hours of intrigue and fun. Finish your cultured date with a visit to the gift shop and purchase a memento for your S/O- be it a keyring, book or poster, your gift loving partner will treasure it.

## **Surprise them with gig tickets**

Be it as part of a birthday or Christmas gift or just because, experiencing a concert together is a memory that's sure to last, organizing and purchasing the tickets for your partner is the ultimate impressive date night.

## **PYO patch**

Summer and autumn dates just got a whole lot more outdoorsy thanks to the humble Pick Your Own strawberry/blackberry/pumpkin/squash fields up and down the country. Pay for your partner's pickings and head home to carve your pumpkins, bake a blackberry crumble or make a refreshing glass of cider with a selection of juicy apples. Yum!

## **Ring Making**

The ultimate in romantic gestures with an end result your partner will hold dear to their heart, a ring making workshop is the perfect choice for creative couples looking to create a lasting memory together.



*Acts of service lovers feel most valued when their partner does something to actively make their life easier- cooking a meal, or running an errand without being asked, taking time to prioritize their partner by helping to reduce stresses where possible is an act of service lovers dream.*

## **Organize a cooking class together**

Practical actions are an act of service lovers dream, meaning organizing an activity like a cooking class that can benefit both of you will get a big thumbs up. Bonus points if you listen carefully enough to recreate the recipes at home!

## **Take part in their hobby**

It's about actions over words, and taking part in a hobby of theirs- especially if it's something you don't normally do- is earning you major brownie points for AOS lovers. Take the initiative to join in and immerse yourself in their world and they will love you even more for it.

## **Surprise them with a mid-week lunch date**

Unexpected "I'm outside" texts are hot, end of story. Surprise your other half at work by taking them out for lunch when you know they're having a stressful week and alleviate some of that pressure with a debrief and hug. Ask them what you can do to help and be there to support them when things feel heavy- they'll be eternally grateful.

## **Make a playlist for them and listen to it together**

Music is often the way to the heart, and this date idea will ensure they feel truly seen and appreciated. Surprise your S/O with a playlist to make them smile- whether it's a combination of meaningful songs from your relationship or new tunes you think they would love- and listen to it together.

## **Tackle a DIY project**

Is your partner procrastinating on a simple household project? Turn it into a date! While painting walls or gardening may not seem romantic at first glance, this date idea can speak volumes if your partner's love language is acts of service. Throw on your favorite playlist to set the mood and tackle the task together!

Your partner feels loved when you carve out time specifically for them, giving them your full focus and attention without distraction. Whether this means putting your phone on 'do not disturb' or scheduling dates that require you to both be fully engaged in what the other one is saying, quality time is very different to the time you may spend together watching your favourite show or doing the weekly shop.

## **A Digital detox**

Whether part of your weekend away or simply an add-on to your at-home dinner date, suggesting a digital detox where both of your devices are locked away in another room is an easy way to share time with your partner and give them your undivided attention.

## **A Road trip**

Grab the snacks, make a curated playlist especially for them and hit the road, baby! Car chats are the best chats and the long open road ahead of you is surprisingly prime time for spending time one on one.

## **Block out their calendar with a midweek date night**

Taking the initiative to make plans of your own accord and letting them in on the details later is a surefire way to win over those who are forever looking forward to the next date night.

## **Breakfast in bed**

Simple, effective, beautifully intimate, a weekend brunch in bed is the stuff dreams are made of. Whip up a stack of fluffy pancakes or even order a McDonald's to your door and start the day off together making eyes across a Sausage and Egg McMuffin.

## **A Spa Weekend**

The ultimate digital detox, a day at the spa disconnecting from the outside world is the perfect way to spend quality time together whilst both feeling relaxed to the max. Massages, a dip in the pool and a yummy lunch, what's not to love?!

## **A weekend away**

Perhaps the most costly and extravagant date option but one that will no doubt have quality time lovers weak at the knees, a weekend away dedicated purely to spending 48 hours with one another is the ultimate treat for those who value experiences and intimate time away with their partner. Whether it's a staycation, a new city or a more lowkey camping trip within an hour of home, it's the thought that counts for those who never tire of hanging out with their other half.