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COUPLES • SUPPORT • CONNECTION

# COUPLES SUPPORT WORKBOOK

A guided 8-page printable for reflection,  
communication, healing, and connection.



## Relationship Goals

Align your vision and  
build a shared future.



## Love Languages

Understand what  
your partner truly  
needs to feel loved.



## Conflict Repair

Learn tools to repair,  
reconnect, and grow  
stronger together.



## Emotional Check-Ins

Create space for honest  
conversations and  
emotional connection.



[cbsws.co.za](http://cbsws.co.za)



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# RELATIONSHIP OVERVIEW & GOALS

Reflect on where your relationship began, where it is now, and where you want it to grow.



## OUR STORY: WHAT BROUGHT US TOGETHER



What first attracted me to you was...

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A special memory from our early days together...

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The qualities I still admire in you are...

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## WHAT WE WANT TO IMPROVE OR HEAL



Patterns or challenges we would like to address...

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How I would like to show up differently in our relationship...

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A wound we are ready to heal together...

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## OUR SHARED GOAL FOR THIS SEASON

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COUPLES • LOVE • UNDERSTANDING

# LOVE LANGUAGES DISCOVERY

Explore how each partner experiences love, care, and connection.



## PARTNER A — MY LOVE LANGUAGE PROFILE

Primary love language:

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Secondary love language:

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What makes me feel loved:

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Small things that matter to me:

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## PARTNER B — MY LOVE LANGUAGE PROFILE

Primary love language:

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Secondary love language:

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What makes me feel loved:

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Small things that matter to me:

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## REFLECTION PROMPTS

**1** When did I last feel most loved by my partner?

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**2** How can I express love in their language this week?

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**3** One thing I will try to do differently to meet their needs...

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# COMMUNICATION REFLECTION WORKSHEET

Understand how each partner communicates during difficult moments.



## PARTNER A – COMMUNICATION REFLECTION



**1** When I am upset, I usually communicate by...

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**2** Words or actions that shut me down are...

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**3** What helps me feel calm or understood is...

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**4** When I need space, I can say...

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**5** One communication goal for this week is...

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## PARTNER B – COMMUNICATION REFLECTION



**1** When I am upset, I usually communicate by...

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**2** Words or actions that shut me down are...

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**3** What helps me feel calm or understood is...

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**4** When I need space, I can say...

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**5** One communication goal for this week is...

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# REPAIR AFTER CONFLICT

A structured reflection page to help couples repair with care.



## 1) WHAT HAPPENED? (FACTS, NOT BLAME)

What triggered the disagreement?

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What did I observe or hear?

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## 2) WHAT I FELT

I felt...

Hurt

Angry

Sad

Frustrated

Disappointed

Anxious

Other: \_\_\_\_\_

My deeper feeling beneath the anger was...

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## 3) WHAT I NEEDED

What did I truly need in that moment?

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What boundary or value felt crossed?

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## 4) MY PART IN THIS

What assumption did I make?

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What could I have communicated more clearly?

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## 5) REPAIR CONVERSATION

What I wish I had said is...

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One caring response I can offer now is...

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## 6) OUR NEXT STEP

A small repair action we agree on: \_\_\_\_\_

What we will do differently next time: \_\_\_\_\_

When we will revisit this conversation: \_\_\_\_\_





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# EMOTIONAL CHECK-IN TRACKER

A guided weekly page to reflect, reconnect, and support one another.



WEEK OF: \_\_\_\_\_



## EMOTIONAL CONNECTION

This week I felt close to you when...

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## GRATITUDE & APPRECIATION

Something I appreciated about you this week...

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A moment that made me smile was...

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## EMOTIONAL DISTANCE OR HURT

Something that hurt me or made me feel disconnected was...

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What I wish I had said or done differently...

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## NEEDS & SUPPORT

Something I need more of from you right now is...

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Something I can offer you this week is...

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## OUR COMMITMENT FOR THE WEEK

One small action we will take to strengthen our relationship:

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Our next check-in date: \_\_\_\_\_





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COUPLES • BOUNDARIES • CARE

# BOUNDARIES & NEEDS WORKSHEET

Clarify what helps each partner feel safe, respected, and supported.



## 1) UNDERSTANDING MY BOUNDARIES

I feel safe when...

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I feel uncomfortable when...

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A behavior that crosses my boundary is...

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## 2) COMMUNICATING MY NEEDS

I need support with...

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Something that helps me feel cared for is...

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When I am overwhelmed, I would appreciate if you...

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## 3) BOUNDARY REAFFIRMATION

What boundary will I reaffirm this week?

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What positive result do I hope it brings?

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When I notice my boundary is crossed, I will...

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## A CARING STATEMENT I CAN USE

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# SHARED VISION & GRATITUDE

Reflect on where you are going together and what you appreciate right now.



## 1) OUR SHARED DREAMS

In 1 year, we see ourselves...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In 5 years, we hope to...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## 2) OUR CORE VALUES AS A COUPLE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 3) FUTURE GOALS — PERSONAL & SHARED

Goal Type	Partner A	Partner B	Shared Goal	First Step
Personal				
Personal				
Shared				
Shared				



## 4) GRATITUDE & APPRECIATION

This week I appreciated when you...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You made me smile because...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something I love about us is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## OUR NEXT CONNECTION RITUAL

We will make time to connect by... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_