

CATEGORY 1
Love & Happiness
Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. What does the word love mean to you?

Him:

Her:

2. How do you want your spouse to express affection for you?

Him:

Her:

3. What is your definition of happiness?

Him:

Her:

4. How can I show you that I love you?

Him:

Her:

5. What makes you feel most loved and appreciated?

Him:

Her:

6. How do you express love when you're stressed or tired?

Him:

Her:

7. What are your love languages (words of affirmation, physical touch, gifts, acts of service, quality time)?

Him:

Her:

8. How important are romantic gestures to you?

Him:

Her:

9. What does emotional intimacy look like to you?

Him:

Her:

10. How do you handle disappointment in relationships?

Him:

Her:

11. What role should friendship play in our marriage?

Him:

Her:

12. How do you want to celebrate special occasions and milestones?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we in our understanding of love?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with how love is expressed in our relationship?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Love and Happiness, we agree to:

"

Signed: _____ **&** _____

Date: _____