HerPower

Empowering Growth, Inspiring Change

The Happiness Workshop

Relationship & Love

Day 4

Name:_____

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1. Understanding Attachment Styles

Secure – Trusting and comfortable with closeness

Anxious – Worries about being abandoned or ignored

Avoidant – Keeps distance, prefers independence

Disorganized – Wants connection but fears it

What do you think your attachment style is?

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2. The Five Love Languages

Everyone feels loved in different ways. Knowing yours helps you connect better!

1. Words of Affirmation – compliments, kind notes, encouragement

2. Quality Time – focused, undistracted attention

3. Acts of Service – helpful actions, doing something thoughtful

4. Receiving Gifts – meaningful or thoughtful items

5. Physical Touch – hugs, high-fives, pats on the back

Take the quiz below to find out your love language!

Love Language Quiz (To be handed out)

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3. Reflection & Connection Intention

What did you learn about how you connect with others?

_____

Was there a moment today when you felt safe, seen, or cared for?

_____

Your Connection Intention

This week, I want to show care by...

_____

One thing I'll try when I feel unsure in a relationship is...

_____