



PRINTABLE WORKSHEET

Week 2

A Reflection on Love, Communication & Emotional Connection

Before You Begin

Take a deep breath. This worksheet is a gentle invitation to check in with your heart.

How do you communicate love?

How do you receive it?

And what kind of emotional safety are you truly longing for?

There are no right or wrong answers here.

Just honesty.

Section 1: My Heart Right Now

How do I currently feel when it comes to communication in love?

- Heard
- Misunderstood
- Safe
- Guarded
- Hopeful
- Frustrated

- Growing
- Unsure

Why do I think I feel this way?

SECTION 2: What I Need to Feel Loved

Finish these sentences honestly:

 I feel most connected when someone...

 Communication feels safe when...

 One thing I wish people understood about me is...

 I shut down emotionally when...

SECTION 3: My Communication Style

When conflict happens, I usually:

- Avoid it
- Overthink it
- Speak immediately
- Shut down
- Try to fix everything
- Need space first



What do I want to improve about how I communicate?

 **SECTION 4: Hard Things I Need to Say**

Sometimes the things we avoid saying are the things our heart needs most.

Write something you wish you could say – without fear:

To Someone Else:

To Yourself:

 **SECTION 5: Write From the Heart**

Imagine emotional safety existed fully in your life.

What would you finally say?

Write freely:



Weekly Reflection

Ask yourself:

“Do I feel emotionally safe being fully honest in love?”

And if not...

“What would safety look like for me?”



Affirmation

“My voice matters. My feelings are valid. I deserve love where honesty feels safe, and communication feels like connection.”

 Books By Karlene

Romance. Real Life. Real Love.

www.jamericandream.com