



Design Thinking × Love Languages

Bridge the gap between the love we got and the love we give

August 12, 2025

How to use this worksheet:

- Pick one relationship (partner • child • parent).
- Run a 1-week design loop: Empathize → Define → Ideate → Prototype → Test.
- Keep it small and consistent (10-15 minutes/day is enough).
- Iterate next week based on the signals you observe.

Key principle: Use love languages as a lens (preferences), not labels. Build a portfolio of care.

Empathize

Step 1 — Empathize (observe & ask)

Choose a person for this sprint: _____ Relationship: _____

Conversation starters (pick one):

- “When do you feel most loved lately — when I help, spend time, say it, bring a small surprise, or give a hug?”
- “What’s one small thing I did recently that landed well?”
- “If I had 10 minutes just for you each day this week, how should we spend it?”

Observation checklist (this week):

- ☐ Lights up after praise (Words) ☐ Calmer after 1:1 time (Quality Time)
- ☐ Relief when you help start a task (Acts of Service) ☐ Saves small tokens (Gifts)
- ☐ Seeks closeness; relaxes with touch (Physical Touch)

Notes:

Define

Step 2 — Define (write a tiny hypothesis)

Formula (one line): If I deliver [specific action] for [how long/how often], then we'll see [one outcome] by [date].

Examples:

- If I do 10 minutes of bedtime story time nightly, we'll see easier bedtimes by Sunday.
- If I send one affirming text at lunch each day, we'll see a warmer evening tone by Friday.
- If I co-start homework for 5 minutes after snack, we'll see fewer homework battles by next week.

My hypothesis:

If I deliver _____ for _____,
then we'll see _____ by _____.

Desired outcome (pick 1-2): ☐ easier bedtime ☐ fewer bids for attention ☐ warmer tone ☐ more laughter ☐ other: _____

Constraints to respect (time/energy/boundaries):

Ideate

Step 3 — Ideate (generate options; small & realistic)

Brainstorm 5 options (2 minutes):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Pick your top 3 (mix if possible):

- A) _____
- B) _____
- C) _____

Choose ONE to test first (low effort, high resonance): _____

Prototype

Step 4 — Prototype (plan a 7-day micro-ritual)

Ritual description (10–15 min): _____

Context (when/where): _____

Cues (how you'll remember): _____

What to avoid (derailers): _____

Weekly grid (check off each day):

Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun ☐

Micro-scripts by language (use as needed):

- Words: “I noticed how you _____. Thank you.”
- Time: “Ten minutes — your lead. What should we do?”
- Service: “I’ll start the first five minutes with you, then you show me the finish.”
- Gifts: “I saved this for you because _____. ” (keep small & meaningful)
- Touch: “Hug/high-five?” (consent-led)

Test & Iterate

Step 5 — Test (read signals & iterate)

Signals to watch (pick a few):

☐ more smiles ☐ easier transitions ☐ fewer bids/interruptions ☐ warmer tone ☐
better sleep

☐ other:

What landed well?

What fell flat?

What surprised me?

Decision for next week:

☐ Keep same ritual ☐ Tweak time/place ☐ Switch language ☐ Add a second language for
breadth

New tiny plan for next week:

Repair & Notes

Repair scripts (fill-in-the-blank)

Partner: “I think I’ve been loving you my way. This week, would [words / time / help / small surprise / touch] feel best?

I’ll do [specific tiny ritual].”

Parent: “I see you loved me through Acts of Service. I often needed [Words/Time]. Could we try a 15-minute weekly call just to catch up?”

Child: “Do you want help, time, kind words, a small surprise, or a hug to feel loved this week? Let’s do [their choice] each day after snack.”

Self: “I missed [Words/Time/etc.] growing up. This week I’ll give myself [3-line journal + 10-minute walk] daily.”

Notes:
