
EMOTIONAL CONNECTION

The Connection Code

Stop guessing how your partner wants to be loved. Learn how they actually receive connection and speak it daily.

Boundary Agreement Resource Library

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This guide is a coaching resource, not therapy or counseling.

The Translation Problem

You are showing love. Your partner is not feeling loved. You are both frustrated. The problem is not effort. The problem is translation. You are expressing care one way, and your partner receives it in a completely different way. The love is real. The delivery method is wrong.

Every person has a primary way they receive and interpret connection. When your partner consistently expresses care in a way that does not match how you receive it, you end up feeling neglected even when they are trying their hardest. This guide helps you crack each other's code.

The 5 Connection Styles

There are five primary ways people give and receive emotional connection. Most people have one dominant style and one secondary. Understanding your partner's style and intentionally speaking it changes everything.

Spoken Affirmation

This person needs to hear it. 'I'm proud of you.' 'You did a great job.' 'I love being married to you.' Written notes, verbal encouragement, specific compliments. For this person, silence is not neutral. Silence is painful. They do not assume you love them. They need you to say it.

Write a text you could send your partner today:

What compliment have you been thinking but haven't said?

What words would your partner most need to hear right now?

Practical Service

This person feels connected when you do things for them. Unloading the dishwasher without being asked, filling up their gas tank, handling something they have been stressed about. For this person, actions carry more weight than words ever will. They interpret effort as love.

What task has your partner been stressed about that you could handle?

What chore could you take off their plate this week?

When was the last time you did something for them without being asked?

Thoughtful Gifts

This is not about materialism. It is about intentionality. A \$5 coffee brought home shows 'I was thinking about you.' A random note in their bag says 'You matter.' The gift is evidence that you were thinking about them when they were not around. The cost is irrelevant. The thought is everything.

What small, thoughtful gift could you surprise them with?

What have they mentioned wanting recently?

When was the last time you brought them something unexpected?

Undivided Attention

This person needs your presence. Not sitting on the couch both staring at phones. Eye contact, conversation, shared activity with no distractions. For this person, your time is the most valuable thing you can give. Half-attention is worse than no attention because it communicates 'you are not worth my full focus.'

When was the last time you gave your partner 30 minutes of undivided attention?

What activity could you do together this week with no phones?

What does quality time look like for your partner specifically?

Physical Closeness

Not just sexual. A hand on the back when you walk by, a real hug when they walk in the door, sitting close enough to touch, holding hands. For this person, physical proximity communicates safety and connection. When the touching stops, they feel emotionally cut off even if everything else is fine.

How often do you initiate non-sexual physical affection?

What type of touch does your partner respond to most?

What is one way you could increase physical connection today?

EXERCISE: Crack the Code

Rank these 1 through 5 for yourself (1 = most important to you). Then guess your partner's ranking. Then have them fill in their actual ranking. Compare.

My ranking: Affirmation___ Service___ Gifts___ Attention___ Touch___

My guess for my partner: Affirmation___ Service___ Gifts___ Attention___
Touch___

My partner's actual ranking: Affirmation___ Service___ Gifts___ Attention___
Touch___

Where was I wrong? What does that tell me?

One thing I will do differently this week based on their top style:

EXERCISE: The 7-Day Connection Challenge

For one week, intentionally express connection in your partner's primary style every single day. Track it.

My partner's primary connection style:

Day 1: What I did:

Day 2: What I did:

Day 3: What I did:

Day 4: What I did:

Day 5: What I did:

Day 6: What I did:

Day 7: What I did:

Did my partner notice? What changed?

The Common Mistake

Most people express connection the way **they** want to receive it, not the way their partner receives it. If your primary style is Spoken Affirmation, you probably shower your partner with

compliments. But if their primary style is Practical Service, those words feel nice but do not fill their tank. They need you to take the trash out without being asked. Learn their style. Speak it. Daily.

PRO TIP: Ask your partner directly: 'When do you feel most connected to me?' Their answer will tell you their primary style without any guesswork.