LifeSkills ACADEMY
Mastering the Game of Life

Relational Intelligence ToolKit

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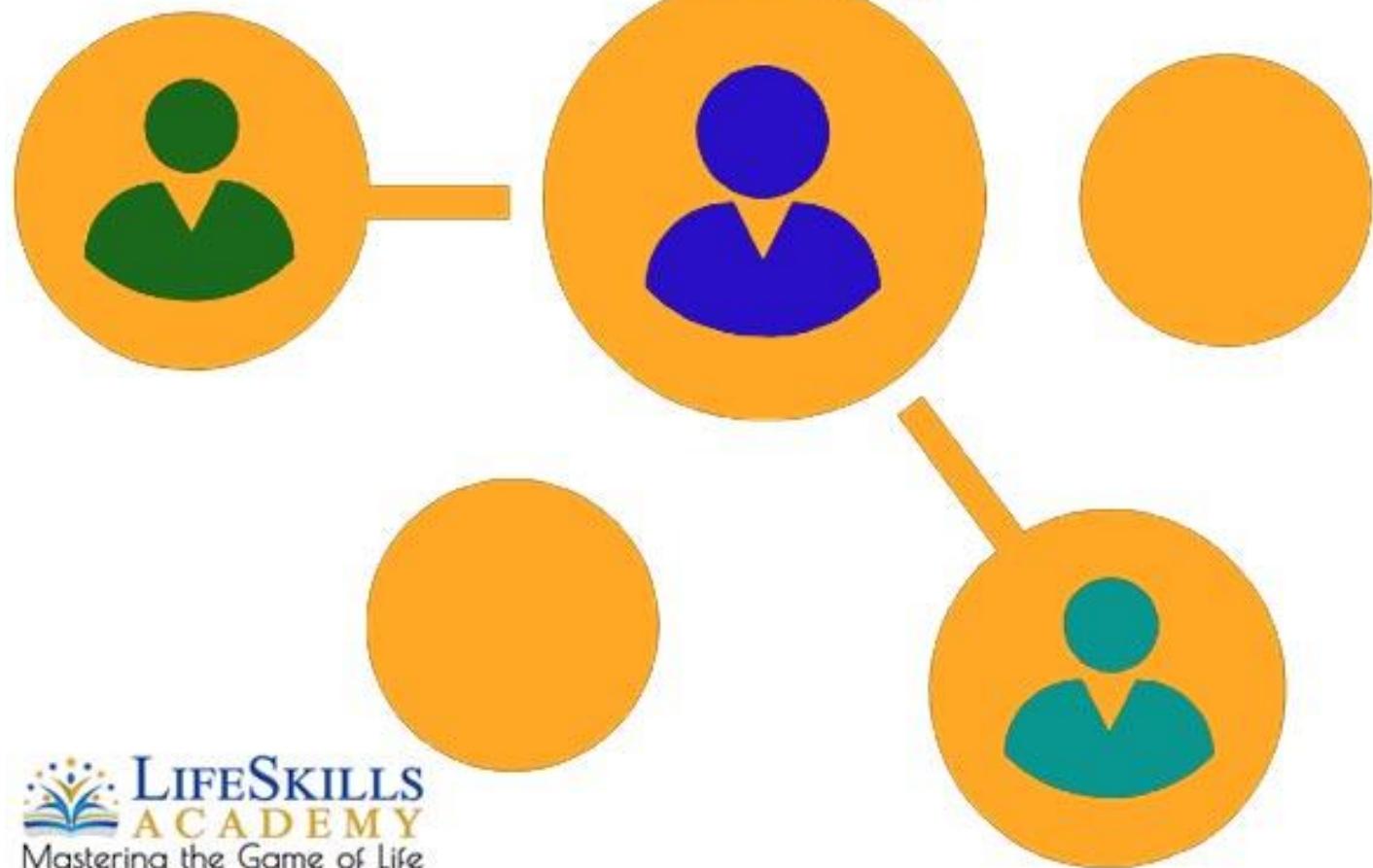**Welcome!**

Module Two – The Language of Love

Expressing Care So It Can Be Received

Care exists not only in what we feel—but in what others can hear.

Orientation

Love is often deeply felt—and quietly misunderstood.

Relational intelligence reminds us that care does not live only in intention. It lives in expression. And because people receive care in different ways, love sometimes needs translation.

This module is designed to help you notice how care is expressed and received—without labeling, fixing, or forcing change.

What This Module Is (and Isn't)

This module is:

- Curiosity-driven
- Gentle and reflective
- Focused on awareness and clarity
- Designed for everyday relationships

This module is not:

- A diagnostic tool
- A personality test
- A scoring system for relationships
- A demand to express love perfectly

Listening for the Language of Love

People often express and receive care through familiar patterns. Rather than naming categories, relational intelligence invites us to *notice signals*.

Pay attention to:

- What this person requests most often
- What they express gratitude for
- What seems to feel tender or disappointing when missing

These clues are not demands. They are information.

Before You Speak

Before expressing care, pause to notice your intention.

Ask yourself:

- Am I trying to express care—or relieve my own discomfort?
- Am I assuming my care will be received as intended?

Clarity before speaking often prevents misunderstanding later.

Reflection Prompt

- What helps me pause before expressing care?

While You Express

Care lands most clearly when it is offered in ways others can receive.

As you express care:

- Choose words, actions, or presence thoughtfully
- Allow expressions of care to be simple and sincere
- Remember that effort matters, even when expression feels imperfect

Small expressions offered consistently build trust.

Reflection Prompt

- How do I usually express care—and how might others experience it?

As You Respond

Relational intelligence also listens for how care is received.

Notice:

- What seems to land with ease
- What feels awkward or missed
- Where adjustment—not correction—may help

Translation is an act of respect.

Reflection Prompt

- What do I notice about how care is received in this relationship?

A Gentle Practice

Choose one relationship and take a few quiet minutes to reflect:

- How does this person most naturally express care?
- How do they seem to receive it?
- What small adjustment might help love land more clearly?

Then add one simple step:

- Identify one aspect of this person or your relationship that you genuinely appreciate—something steady, ordinary, or often unspoken.
- Find a natural, everyday way to name it. A sentence. A note. A brief comment in passing.

This is not about grand gestures. It is about letting care be heard.

A Reassuring Truth

You do not need perfect words to express love.

If you can:

- Notice patterns
- Stay curious
- Name what you appreciate

You are already practicing relational intelligence.

Love grows clearer through attention, not perfection.

Below is the Reflection Review Card – Module Two

Suggestion: print it out and place it where you can see it as a small reminder –

on your refrigerator
Computer monitor frame or laptop lid
Desk drawer (inside—so you see it when you open it)
desk
night stand
bathroom mirror
purse
backpack
Inside your planner or journal cover
Sun visor of your car
Inside your wallet or phone case
Gym bag or yoga mat sleeve

You could even "save" the image on your phone!

Reflection Review Card – Module Two

The Language of Love
Expressing care so it can be received.

Notice
• How does this person naturally express care?

Translate
• How do they seem to receive it?

Practice
• What is one simple way I can express appreciation?

Quiet Reflection
• What changed when I named the good?

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