

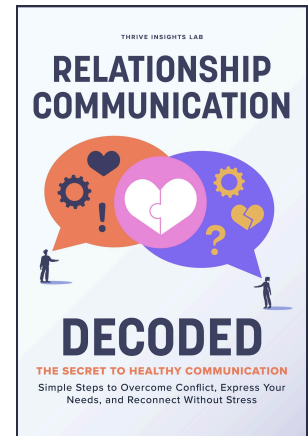
THE AFFECTION CODES IDENTIFIER

Adapted from Chapter 9 of Relationship Communication Decoded

Affection Codes represent the deeply personal ways we give and receive care. This assessment helps you identify your unique codes to uncover how you feel loved, what you miss, and how you naturally express care.

***Important Note:** This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.*

DISCOVER YOUR AFFECTION CODES



This self-check helps identify what resonates and what may be lost by exploring your primary codes through three frames: how you prefer to **receive** affection (**Value it**), how its absence **frustrates** you (**Miss it**), and how you naturally **express** affection (**Express it**). Why all three? Many couples struggle more from mismatched ways of expressing love than from a lack of love.

INSTRUCTIONS

Read each statement using these three frames and respond to each frame using a scale of **1 (not at all true for me) to 5 (very true for me)**. Don't overthink; your gut reaction is often the best guide.

ITEMS

Affection Code 1: Affirming Words

I feel most loved when my partner tells me what I mean to them.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Encouraging words or compliments make a lasting impact on me.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

I feel emotionally safe when my partner speaks gently and kindly to me.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 2: Supportive Acts

I feel most supported when my partner helps out without needing to be asked.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

When my partner steps in during stressful times, I feel truly loved.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

I notice when my partner makes life easier for me, and I feel cared for.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 3: Thoughtful Time

I feel most valued when we spend quality time together without distractions.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Doing something simple together, like talking or walking, makes me feel close.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

When my partner sets aside time for just us, I feel seen and important.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 4: Symbolic Gestures

I feel loved when I receive thoughtful tokens that show I was on their mind.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

A small, symbolic gift can mean more to me than something expensive.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

I cherish notes, drawings, or keepsakes that represent shared memories.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 5: Co-Creation & Growth

I feel deeply connected when we work toward something meaningful together.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Celebrating growth, mine or theirs, makes me feel emotionally bonded.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Dreaming and planning as a team makes me feel like we're building a life together.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 6: Intentional Rituals

Our little rituals, like weekly check-ins or "good morning" texts, make me feel secure.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

I value repeated moments that feel "just ours," even if they're small.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___



RELATIONSHIP COMMUNICATION DECODED

Companion Assessment Tool

Rituals of connection help me feel grounded in our relationship.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 7: Soothing Presence

I feel most cared for when my partner stays calm and grounded when I'm upset.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Their presence during hard moments means more than advice or fixing.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Just having them nearby when I'm anxious helps me feel safe.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 8: Physical Connection

I feel deeply loved when we hold hands, hug, or touch throughout the day.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Physical closeness is one of the main ways I feel emotionally connected.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Loving touch, even something small, grounds me and strengthens our bond.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Affection Code 9: Emotional Transparency

I feel closest to my partner when they share their real thoughts and feelings.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

When they're emotionally open with me, it makes me feel trusted and loved.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

Vulnerable conversations, where nothing's held back, are how I feel most connected.

Value it: (1-5) ___ Miss it: (1-5) ___ Express it: (1-5) ___

SCORING

For each Affection Code, you'll calculate three scores from your assessment responses (each ranging from **3 to 15**):

- **Receiving Preference (Valuing):** Sum the "Value it" scores for its three associated items.
- **Affection Gap (Frustration):** Sum the "Miss it" scores from those same three items.
- **Giving Style (Expression):** Sum the "Express it" scores for those same three items.

Cluster 1: Core Affection Needs

- Affirming Words: Value__ Miss__ Express__
- Supportive Acts: Value__ Miss__ Express__
- Thoughtful Time: Value__ Miss__ Express__

Cluster 2: Resonance Expressions

- Symbolic Gestures: Value__ Miss__ Express__
- Co-Creation & Growth: Value__ Miss__ Express__
- Intentional Rituals: Value__ Miss__ Express__

Cluster 3: Security & Closeness

- Soothing Presence: Value__ Miss__ Express__
- Physical Connection: Value__ Miss__ Express__
- Emotional Transparency: Value__ Miss__ Express__

INTERPRETATION GUIDE

Your scores provide vital insights into how you experience and express affection, shaping the unique language of your relationship. Remember, these insights highlight areas for growth and deeper understanding, guiding your journey toward enhanced connection.

UNDERSTANDING YOUR AFFECTION CODE SCORES

Receiving Preference

How much this specific Affection Code resonates with you

- **Core Preference (13–15):** Affection Codes that are fundamental and consistent needs for you to feel loved and seen. Recognizing these will help you communicate your desires clearly.
- **Noticeable Preference (9–12):** These Affection Codes are an evident and influential aspect of how you prefer to receive care. Understanding these can deepen your relational dynamics.
- **Subtle Preference (3–8):** These Affection Codes aren't the primary way you feel loved. Understanding their role allows you to appreciate diverse expressions of care.

Affection Gap

Emotional sensitivity or hurt when this Affection Code is missing

- **Noticeable Gap (13–15):** The absence of this Affection Code significantly impacts you, potentially leading to feelings of hurt or distance. Recognizing this gap is crucial for advocating for your needs.
- **Unfolding Awareness (9–12):** You are generally aware when this Affection Code is missing, and its absence is beginning to feel more significant. Cultivating this awareness can lead to clearer communication about your needs.
- **Rarely Bothers (3–8):** The absence of this Affection Code seldom affects your sense of connection. This allows for flexibility in how you experience love.

Giving Style

How naturally you express this Affection Code

- **Natural Expression (13–15):** You naturally and consistently express this Affection Code. This is a strength that allows you to intuitively connect with your partner.
- **Responsive Expression (9–12):** You tend to express this Affection Code when consciously prompted or reciprocated, or in response to specific cues. Exploring more spontaneous ways to give can deepen your connection.
- **Emerging Expression (3–8):** This is not your default way of expressing affection. This is an opportunity to explore new avenues for expressing this Affection Code and expanding your relational language.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

Which of your “Predominant Patterns” (Value it, Miss it, Express it) resonate most deeply with how you feel loved, frustrated, or naturally show care?

Think about a recent interaction in your relationship. Can you identify moments where your dominant “Value it” code was met or missed?

How might your “Miss it” codes influence how you react when affection doesn’t land for you?

In what ways do your “Express it” codes naturally show up in your daily interactions with your partner, friends, or family?

NEXT STEPS

You’ve taken a meaningful first step by identifying your personal Affection Codes. This self-awareness is the foundation for truly understanding how care and connection flow in your relationship. Return to Chapter 9 of *Relationship Communication Decoded* to explore each Affection Code in more detail and learn how to turn your insights into meaningful change.