

# What's Your Love Languages?

(Read descriptions for Gary Chapman's Love Languages and then make your selection)

**My primary love language is:**

Words of Affirmation  Physical Touch  Quality Time  Acts of Service  Gifts

**My secondary love language is:**

Words of Affirmation  Physical Touch  Quality Time  Acts of Service  Gifts

**My partner's primary love language is:**

Words of Affirmation  Physical Touch  Quality Time  Acts of Service  Gifts

**My partner's secondary love language is:**

Words of Affirmation  Physical Touch  Quality Time  Acts of Service  Gifts

**Create a plan and intention to incorporate these love languages in your daily interaction with your partner for the next 30 days.**

## Week 1

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## Week 2

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## Week 3

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## Week 4

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# List of Love Languages<sup>1</sup>

## Words of Affirmation

For you words, speak louder than action. If this is your love language, you love spontaneous compliments, terms of endearment and listening to the heartfelt meaning behind the loving words. Insults and criticism can leave you feeling hurt or insulted. Encouraging, supportive, kind and positive words really fill up your relationship bank account.

## Physical Touch

If this is your love language, you love affection, but it is not just in the bedroom. You feel loved when you receive a thoughtful hug, a pat on the back, your partner holds your hand, or caresses you on the face, shoulders or arms. Each of these actions demonstrates care, love and concern. This type of love language also cultivates a sense of belonging and security in the relationship.

## Quality Time

If quality time is your love language you feel loved when your partner gives you his/her complete and undivided attention and you are sharing quality conversation and activities with one another. You or your significant other feel truly loved and special when you are really there and turn off the TV, hold off on picking up the phone, and set aside other tasks or responsibilities and actively and attentively focus and listen to him/her. Being there for this type of person is critical and if you are distracted and fail to listen this can be very hurtful.

## Acts of Service

If acts of service is your cup of tea, then you will feel your cup of love overflowing if your partner cleans the house, does the laundry or takes your car in for a tune up without even being prompted. Any act of service that eases the burdens and responsibilities of daily life means the world to the lover of this love language. Broken commitments or idleness sends a message that he/she doesn't matter. "Let me do that for you" is music to his/her ears.

## Receiving Gifts

Don't confuse this love language for greediness; the recipient of gifts thrives on the thoughtfulness, and loving gesture behind the gift. If you speak this language, the perfect gift or gesture shows that you are recognized, cared for and valued. Missing a birthday, anniversary or thoughtless gift could be disastrous. Gifts are a visual symbol of love and communicate "I am treasured."

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<sup>1</sup> Gary Chapman (1995). *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. Northfield Publishing.