

Love Language

1. Words of Affirmation

- Actions don't speak louder than words
- Unsolicited compliments
- Insults can leave a person shattered and are not easily forgotten

If the person you love is a Words of Affirmation they need:

- Compliments
- Affirmations
- Kind Words
- Encouragement
- Appreciation
- A Listening Ear

If the person you love is a Words of Affirmation, extremely negative things are:

- Non-constructive criticism
- Not appreciating or recognizing their efforts
- Emotionally harsh words.

2. Acts of Service

- Actions speak louder than words
- "Let me do it for you."
- 'I'm sick of just hearing 'I love you.' If he loved me, he would do something to help me."

If your loved one feels love through ACTS OF SERVICE, they need:

- Assisting with chores
- Ongoing help with housework
- Helpful partners who are with them no matter what.
- Someone who will go out of their way to elevate their workload.

If your loved one feels love through ACTS OF SERVICE, extremely negative things are:

- Lack of follow through.
- Making someone else's to-do's more important than your loved one.
- Ignoring requests for help.

3. Receiving Gifts

- for some people, receiving gifts is their primary love language
- gifts need not be expensive or elaborate; it's the thought that counts.

If your loved one feels love through RECEIVING GIFTS, they need:

- Thoughtfulness.
- Gifts on Special Occasions.

If your loved one feels love through RECEIVING GIFTS, extremely negative things are:

- Forgetting special occasions.
- Dutiful, unenthusiastic gift giving.
- Thinking that an item will be appreciated just because it is expensive.

4. Quality Time

- Means giving undivided attention
- Some men pride themselves on being able to watch television, read a magazine, and listen to their wives, all at the same time, not when the love language is quality time.
- turn off the TV, put the phone down, listen and interact.

If the person you love needs QUALITY TIME they need:

- Uninterrupted and focused conversations.
- One-on-One time.
- Time together even if it is just running errands.
- Face-to-Face conversation.
- Your whole attention.

If the person you love is QUALITY TIME, extremely negative things are:

- Long periods of being apart.
- Distracted conversations
- Long periods without one-on-one time.

5. Physical Touch

- Long before an infant understands the meaning of the word love, he or she feels loved by physical touch.
- Handshakes, hugs, putting a hand on the shoulder
- Take the initiative to reach out.

If the person you love needs PHYSICAL TOUCH they need:

- Non-verbal body language to emphasize love.
- Lots of simple hugs, hand-holding, and gentle touches.

If the person you love is PHYSICAL TOUCH, extremely negative things are:

- Long periods without physical contact
- Coldly giving affection
- Any physical abuse