

WORDS
OF
AFFIRMATION



PHYSICAL
TOUCH



ACTS OF
SERVICE



RECEIVING
GIFTS



QUALITY
TIME

What's your *Love Language?*

Worksheets to help you explore your love
language.



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WORDS OF AFFIRMATION

1. You are amazing.
2. I love spending time with you.
3. Home is whenever I am with you.
4. You make me smile.
5. You are so beautiful.
6. Life is better with you in it.
7. I love coming home to you.
8. Thank you for just being you.
9. I love you
10. I am so lucky to have you.
11. You make me smile.
12. I believe in you.
13. Thank you for always being there for me.
14. I support you.
15. Thank you for being so amazing.
16. I care about how you feel.
17. I feel so connected to you.
18. I see you in my future.
19. I couldn't have done this without you.
20. You make me feel great.
21. I trust in you.
22. We can get through anything together.
23. I'll always have your back.
24. I'm so proud of you.
25. You are so funny.
1. I admire you.
2. You make me want to be a better person.
3. You bring out the best in me.
4. You make me feel safe and secure.
5. You mean so much to me.
6. I feel comfortable around you.
7. You make the world a better place.
8. You always understand me.
9. My heart feels full with you.
10. You make me feel complete.
11. You are so precious.
12. I always look forward to seeing you.
13. I find meaning in life because of you.
14. You guide me in the right direction.
15. You are a great influence on me.
16. I'll always be loyal to you.
17. I love how you're so true to yourself.
18. Thank you for thinking of me.
19. There is no one else like you.
20. You are my best friend.
21. You are my soul mate.
22. You get more beautiful each day.
23. You are my dream come true.
24. You are very special to me.
25. I couldn't imagine life without you.



PHYSICAL TOUCH

1. A cuddle when they arrive home.
2. Hold hands.
3. Pat their back.
4. Play footsies.
5. Sit close together on the couch.
6. Stroke their arm.
7. Hold their face in your hands.
8. A foot rub.
9. A cuddle on the couch.
10. A kiss on the cheek.
11. A massage.
12. Rub their shoulders.
13. Kiss in the morning.
14. Rest your head on their shoulder.
15. Play with their hair.
16. Kiss their neck.
17. A kiss on the forehead.
18. A kiss on the hand.
19. Rub their knee at the dinner table.
20. Be intimate in the bedroom.

Out of five, where do I place physical touch in my love languages? Why?

How do I like to be shown physical affection?

How does my partner like to be shown physical affection?



ACTS OF SERVICE

1. Make their favorite treat.
2. Give them a cup of tea in bed.
3. Pick up their favorite food from the shops.
4. Do the washing or chores around the house.
5. Organize a date night.
6. Help with something without being asked.
7. Run an errand for them.
8. Fill up their car with petrol.
9. Help them organize the drawers.
10. Make them a nice bath.
11. Take the kids out, so they can relax.
12. Take them overnight somewhere.
13. Send them flowers at work.
14. Give them a foot rub.
15. Clean the shower.
16. Fix something of theirs that is broken.
17. Help them with a project.
18. Do something without being asked.
19. Buy them a gift for no reason.
20. Buy them tickets to their favorite show or concert.

Out of five, where do I place acts of service in my love languages? Why?

What acts of service would I like my partner to do?

What acts of service does my partner like?



RECEIVING GIFTS

1. Buy them lunch.
2. Buy a gift out of the blue.
3. Make them a playlist.
4. Make something special for them.
5. Buy them a card for no reason.
6. Frame a photo of the two of you.
7. Buy them their favorite treats.
8. Take them clothes shopping.
9. Buy them a gift card to the spa.
10. Make them a photo album of all the photos of you two together.
11. Make a hamper of all their favorite little things.
12. Make them a book that reminds you of them.
13. Send them flowers at work.
14. Take them to their favorite place.
15. Pick some flowers out of the garden.
16. Buy them a gift for no reason.
17. Take them out for ice cream.
18. Buy them an engagement or promise ring.
19. Buy them a voucher for something they would like.
20. Take them overnight somewhere.

Out of five, where do I place receiving gifts in my love languages? Why?

What types of gifts do I like to receive?

What types of gifts does my partner like to receive?



QUALITY TIME

1. Go on a picnic.
2. Go for a bush walk.
3. Go for a walk along the beach.
4. Watch the sunrise or sunset together.
5. Take the dogs for a walk together.
6. Watch your favorite movie together.
7. Organize a date night.
8. Go for a drive.
9. Organize a games night.
10. Make dinner together.
11. Have time together with no interruptions.
12. Go to a concert together.
13. Listen to music together.
14. Talk about your plans together.
15. Go on an adventure together.
16. Do a cooking class together.
17. Take them to their favorite place.
18. Meet each other for lunch.
19. Engage in quality conversations.
20. Play cards together.

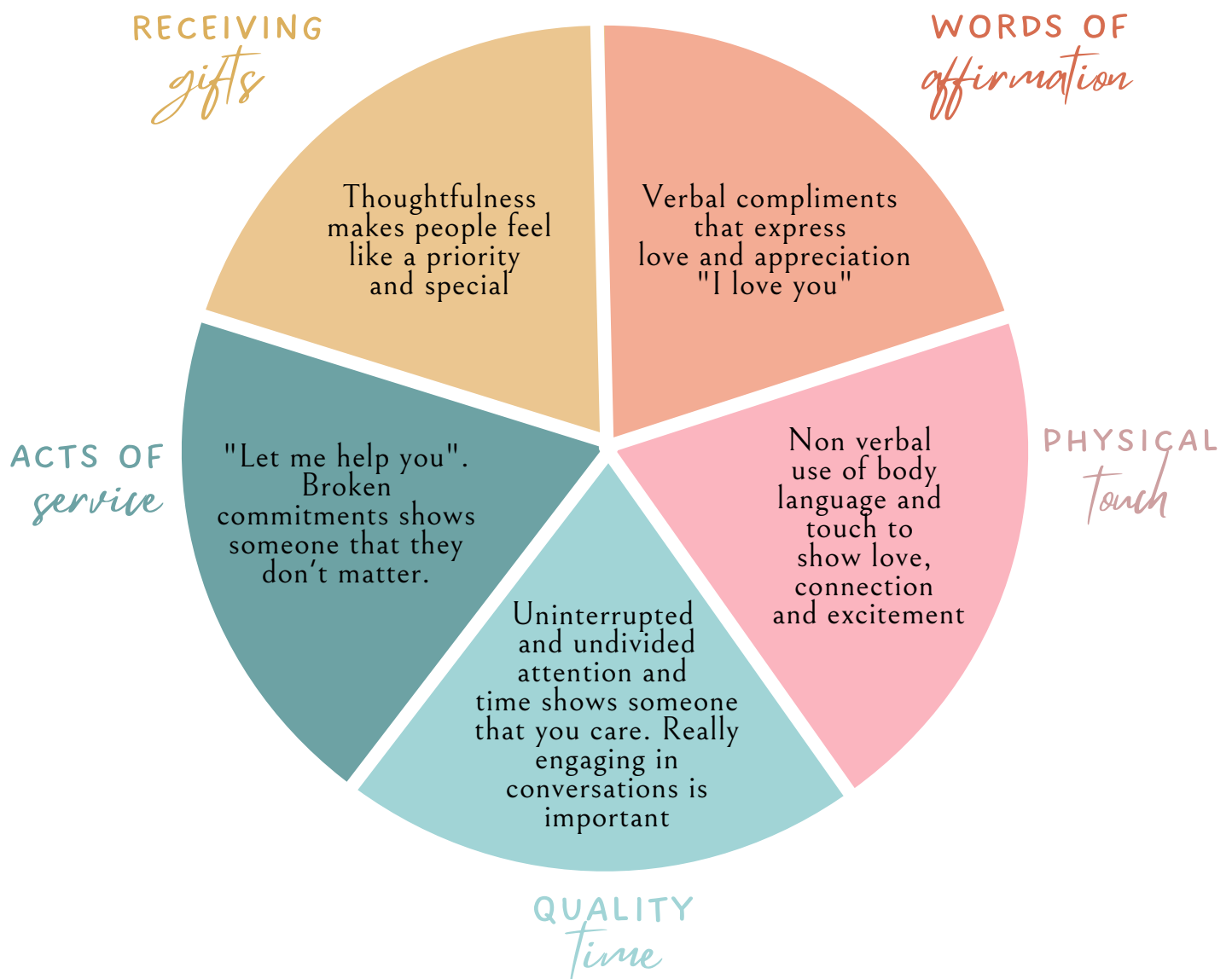
Out of five, where do I place quality time in my love languages? Why?

How do I like to spend quality time with my partner?

How does my partner like to spend quality time with me?



WHAT'S YOUR *Love Language?*





LOVE LANGUAGES

The five love languages are five different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Although you may be expressing affection to your partner regularly, do you truly take the time to ensure you're communicating it how your partner wants to receive it?



WORDS OF AFFIRMATION

Verbal compliments that express love and appreciation. Such as, "I love you."

Written and spoken shows of affection matter the most to these people.



PHYSICAL TOUCH

Nonverbal use of body language and touch to show love, connection, and excitement.

People with physical touch as their love language feel loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and having sex.



QUALITY TIME

People whose love language is quality time feel the most adored when their partner actively wants to spend time with them and is always down to hang out. Uninterrupted and undivided attention and time show someone that you care. Engaging in conversations is important.



ACTS OF SERVICE

You value when your partner goes out of their way to make your life easier, such as bringing you soup when you're sick or making coffee for you in the morning.

"Let me help you." Broken commitments show someone that they don't matter.



RECEIVING GIFTS

People with this style recognize and value the gift-giving process: the careful reflection, the deliberate choosing of the object to represent the relationship. Thoughtfulness makes people feel like a priority and special.



REFLECTION

Love languages are different ways of expressing and receiving love. Five main love languages have been identified; they include; words of affirmation, quality time, receiving gifts, acts of service, and physical touch.

It's essential to not only understand how you like to receive love, but it's just as important to understand how your partner likes to receive love. You both may have the same or different love languages, and they need to be communicated to each other. For example, your partner's love language may be 'acts of service'; they might find it loving when you take a chore off them or clean their clothes and have them ready for the next day. So, they might assume that is the same way to show you love, thinking that you both have the same love language. However, if your love language is 'receiving gifts', you might feel that you are not being shown love when they decide to make you dinner or do other acts of service for you. Love can get lost in translation when two partners speak different love languages, so do you see why it is essential to not only understand what your love language is so that your partner can show you love in that way but also to understand what your partner's love language is too?

Love languages have been described as five unique styles of communicating love, you may relate to most of these languages, but each of us has one language that speaks to us the most.
