

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language

Actions

Communication

Avoid

Words of
Affirmation

Spoken words
Written cards and
letters

Encouraging words
Compliments
Affirming spirit

Emotionally
harsh words
Undue criticism

Quality
Time

Running errands
Taking trips
Doing things together
Going on walks
Sitting/talking at home

Quiet places
with no interruptions
Undivided attention
One-to-one
conversations

Too much
time with friends
or groups
Isolation
Gaps of time between
meetings

Receiving
Gifts

Giving gifts
Giving time
Remembering
special occasions
Giving small tokens

Private giving
of gifts
Pleasant facial
expressions

Materialism
Forgetting
special events

Acts of
Service

Assisting with house
chores
Ongoing acts of
helpfulness
Exchanging of chores

Say:
"What can I do for you?"
"I will stop and get..."
"Today, I did... for you."
Making a checklist

Forgetting
promises
Over
commitment
of tasks
Ignoring

Physical
Touch

Hugs
Pats
Touches
Sitting close

Pleasant facial
expressions
Mostly non-verbal

Physical abuse
Corporal
punishment
Threats
Neglect