MY "LOVE LANGUAGE" WORKSHEET

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Often others are unsuccessful at loving us or meeting our needs because they don't understand what makes us feel loved and cherished. Sometimes we don't even really know! Share with your loved one the keys to your heart by completing the following phrase in as many ways as you can. Identify what makes you feel loved, accepted, cherished and connected. Be specific, concrete, positive and descriptive using quantifiable language (i.e. how much of what you want, and when you want it). (Examples: *I feel cared about/loved when you...call me at/from work to say hello and to ask me about my day; or...have dinner ready; or...hold my hand when we walk; or…show interest in being intimate.*)

Rate each item out of 10 (0 = not important or 10 = very important) to indicate how important or powerful each behavior is in making you feel loved and cherished (e.g. This item makes me feel loved at a 9.) Items don't need to be in order since sometimes there are multiple items that are equal in making you feel loved.

PURPOSE: This list is intended to help your spouse have an easy-to-follow "prescription for connection" making it as easy as possible for him/her to love you effectively! It's less important to know which "love language" your spouse has and more important to know the specific behaviors that make them feel loved. Share your lists with each other and **commit to do at least one of your spouse's desired behaviors each day.**

"I feel cared about/loved when you..."

THE FIVE LOVE LANGUAGES (by Gary Chapman)

Words of Affirmation — Written or verbal expressions of appreciation, love, reassurance, support and/or encouragement; being complimented or asked nicely to do something. May include notes, cards, phone calls, etc.

Quality Time — Receiving undivided/focused attention, being together/doing things together, going for walks, discussing/ listening together, sharing experiences, thoughts, feelings, etc.

Receiving Gifts — Receiving tangible gifts indicating time and thought on your behalf, a flower, a note on the bathroom mirror, small gifts for the children, etc.

Acts of Service — Any housework, helping with dinner, washing dishes, washing the car, changing baby's diaper, picking up dry cleaning, reading to the children, helping with a project, etc.

Physical Touch — Could include holding hands, a kiss good-bye, hugs, sexual intimacy, or any physical touch or affection.

HINTS for Figuring out What Makes You Feel Loved

(1) What does your spouse do, say or fail to do that hurts you most deeply?

(2) What have you most often requested of your spouse? What is your most frequent ongoing complaint?

(3) What do you regularly do or say to express love to your spouse?