

# 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 connected. 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 by identifying what makes you feel cherished and loved. 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 that you love me; or...have dinner ready each night; or...hold my hand when we're out together; or...show interest in being intimate.*) 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. **Commit to do at least one of your spouse's desired behaviors each day.**

Also rate each item on a scale of 0 (not important) - 10 (very important) to indicate how important or powerful a particular behavior is in making you feel loved. (e.g. This item makes me feel loved at a 9.)

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

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### 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, 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, making dinner, washing dishes, washing the car, changing baby's diaper, picking up dry cleaning, reading to the children, 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?*