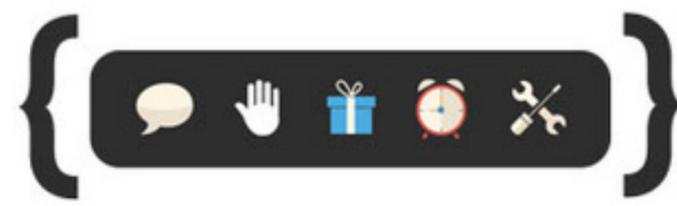


HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE



WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

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

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