

# Understanding Your Love Languages

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**Connection Matters!** Today, you will be deepening your understanding of the 5 Love Languages, based on the book written by Dr. Gary Chapman. We will discover what your emotional communication preference is for love/appreciation and how you can use this understanding to connect and deepen your relationships with others.

The language you learned to speak first is usually known as our primary language. The same is true when we talk about the languages of love. Out of the five love languages, each of us has a primary love language. It is the one that speaks the most clearly and emotionally to us. We will learn how to effectively communicate appreciation to others in a way that is important to them, so they feel loved and nourished.

Here are some ways to find out what is your primary love language:

1. Observe Your Behavior
2. Observe What You Request of Others
3. Listen to Your Complaints
4. Ask the Right Questions
5. Take the 5 Love Languages Quiz (Let's take it now!) Post your scores below.

## 5 LOVE LANGUAGE QUIZ RESULTS (the highest possible points for a love language is 12)

\_\_\_\_\_ Words of Affirmation

\_\_\_\_\_ Acts of Service

\_\_\_\_\_ Quality Time

\_\_\_\_\_ Physical Touch

\_\_\_\_\_ Receiving Gifts

What is your primary love/appreciation language?

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What is your secondary love/appreciation language?

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Think of someone you love, what do you think their primary love language is? \_\_\_\_\_

In the last week, in what way(s) were you shown love through your primary love language? \_\_\_\_\_

How often do you focus on your loved one's love tank? Can you assume that his or her emotional love tank could be running on "empty?"

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**1. WORDS OF AFFIRMATION.** This language uses words to affirm other people. Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words "I love you," is essential—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten. You thrive on hearing kind and encouraging words that build you up.

Dr. Chapman points out that the keys to providing the right kinds of encouragement are: (1) empathy; and (2) seeing the world from your loved one's perspective. Is this an area you might be able to improve upon? What creative steps can you suggest for learning what is important to your partner?

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**2. QUALITY TIME.** This language is all about giving the other person your undivided attention.

Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes you feel truly special and loved. Distractions, postponed activities, or the failure to listen can be especially hurtful. Whether it is spending uninterrupted time talking with someone else or doing activities together, you deepen your connection with others through sharing time. What Quality Time activities would you like to do with someone you love?

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**3. RECEIVING GIFTS.** For some people, what makes them feel most loved is to receive a gift.

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures. Gifts are heartfelt symbols to you of someone else's love and affection for you. What makes Receiving Gifts so special? What would be some gift ideas for someone you love?

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**4. ACTS OF SERVICE.** For these people, actions speak louder than words. Can helping with the dishes really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most wants to hear: “Let me do that for you.” Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don’t matter. When others serve you out of love (and not obligation), you feel truly valued and loved. If your partner’s love language is Acts of Service, what would you consider doing to fill their “love tank?”

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**5. PHYSICAL TOUCH.** To this person, nothing speaks more deeply than appropriate touch. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, and thoughtful touches on the arm—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Appropriate and timely touches communicate warmth, safety, and love to you. Is Physical Touch your partner’s love language? If so, what could you do to meet your partner’s need for Physical Touch?

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**ACTION PLAN.** Now that you know your primary love language, what is one thing that you’ll plan or commit to doing differently for the next week? How will you implement this new knowledge into your life? Or what is your top takeaway from today’s class?

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**Resources:** <http://www.5lovelanguages.com>

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