

Discovering Your Own and Your Partner's Love Languages



Try this exercise to help you understand what you can do to make your partner feel loved.

1. Write down specific occasions through which you have known your partner's love for you. (It could be at any stage in your relationship – before or after marriage. These may be regular or rare events and could be deemed of major or minor significance.)

I have known your love for me when:

For example:

'We sat under the stars talking about our future when we were going out.'

'You gave me that watch on our wedding anniversary.'

'You cooked a special meal for my birthday.'

'You said how proud you were of me when I was promoted.'

'You spontaneously put your arm around me when we were waiting for the film to start.'

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2. Taking into consideration your answers to question 1, put the five ways of showing love in order of importance for you, where 1 = most important and 5 = least important. Then consider in which order of importance you think they come for your partner.

For you (number 1-5)	Love languages	For your partner (number 1-5)
	Loving words	
	Thoughtful presents	
	Physical affection	
	Quality time	
	Kind actions	

3. Now, compare and discuss with your husband or wife what each of you put for questions 1 and 2.
4. Looking at your partner's first 'love language' (ie, the most important), list three ways in which you could communicate love to your husband or wife this week or this month. (Try to keep within the bounds of reality!)

1. _____
2. _____
3. _____