

SPEAKING A LOVE LANGUAGE

How to relate to a person with this love language	Communication	Actions	What to Avoid
Words of Affirmation	Compliments Affirmation Kind Words	Send notes/cards	Criticism
Quality Time	One-to-one time Not interrupting Face-to-face Conversation	Take long walks together Doing things together Taking Trips	Longs periods of being apart More time with friends than with spouse
Receiving Gifts	Positive Fact-oriented information	Give gifts on special occasions and not so special occasions	Forgetting special days
Acts of Service	Action words like “I Can,” “I will,” “What else can I do?”	Helping with house and yard chores Repair/maintenance Acts of kindness	Ignoring spouse’s requests while helping others
Physical Touch	A lot of nonverbals Verbals need to be word pictures	Touches Hugs Pats Kisses	Physical neglect or abuse