



# Love Languages



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**Objective:** Clients will identify their own primary love language and will be prepared to identify their partner's primary love language.

**Audience:** This tool may be best for clients who are having problems expressing their love and commitment in their relationship. In addition, this tool would be useful for clients who have difficulty understanding the way their partner shows them love in their relationship.

**Estimated Time:** 10-20 minutes

**Educator Instructions:** Before reading the instructions on the tool, start with the Discussion Starter provided below or something similar. The tool could be left with the client and completed before your next visit. If you meet with them as a couple, provide a copy of the activity for each person to fill out separately first, and then have each person share their answers.

**Discussion Starter:** Love languages refer to the different ways people show and express love. Five different love languages are often highlighted: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. These not only refer to the ways each of us tends to give love but also the way we prefer to receive love. When partners know each other's preferred love language, they are better able to say and do things that will be interpreted as loving behaviors. This activity will help you both identify your love language.

**Follow-up:** During your next visit, talk about their different love languages. Ask if they say or do anything different now that they know each other's love language.



# Love Languages



When you show love, do you do things that you like? Or, do you show love in ways that are preferred by your partner?

Often times we give love in the way we want to receive it. But if our primary love language differs from our partner's, then our partner might not recognize it as an expression of love.

## What is Your and Your Partner's Love Language?

*Which of the following best describes you?*

*Which one describes your partner?*

	Me	My Partner
I feel most loved when my partner uses kind words and compliments to tell me how much I am valued and appreciated. (Your primary love language is <b>Words of Affirmation</b> .)	<input type="checkbox"/>	<input type="checkbox"/>
I feel most loved when my partner gives me full attention and I am able to spend alone time with my partner. (Your primary love language is <b>Quality Time</b> .)	<input type="checkbox"/>	<input type="checkbox"/>
I feel most loved when my partner gives me gifts. (Your primary love language is <b>Receiving Gifts</b> .)	<input type="checkbox"/>	<input type="checkbox"/>
I feel most loved when my partner does things for me, such as cooking dinner, doing laundry, cleaning, and taking care of the car. (Your primary love language is <b>Acts of Service</b> .)	<input type="checkbox"/>	<input type="checkbox"/>
I feel most loved when my partner shows his/her feelings through physical contact, such as holding hands, kissing, hugging, or sex. (Your primary love language is <b>Personal Touch</b> .)	<input type="checkbox"/>	<input type="checkbox"/>

What are some things you do or say that match your partner's love language? What does your partner do to match your love language?

What are other things you could do differently for each other to show love in ways that matter to you both?

Take time to learn and understand each other's preferred love language. Taking special care to show and express your love and commitment in the way you each prefers can help strengthen your relationship.

***Show you care by caring in ways that matter to your partner!***