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Exploring the Five Love Languages

Help your clients identify what their love language is and how they express and receive love from their partner.

The premise of *The 5 Love Languages™* book is quite simple: different people with different personalities give and receive love in different ways. By learning to recognize these preferences in yourself and in your loved one, you can learn to identify the root of your conflicts, connect more profoundly, and truly begin to grow closer.

Start by doing the [The Love Language™ Quiz](#)

1. WORDS OF AFFIRMATION

- You get a thrill from receiving compliments and unexpected praise.
- You like when others say they care about you or appreciate having you in their lives.
- You love feeling understood and receiving recognition for a job well done.

2. QUALITY TIME

- You're an excellent listener and always give others your undivided attention.
- You prefer not to be alone and think most activities are more fun with others involved.
- You always make time for your loved ones, even if you're not physically with them.
- You enjoy sharing new experiences with others more than receiving physical gifts.

3. RECEIVING GIFTS

- You enjoy when your partner brings you your favorite flowers, just 'cause.
- You like when your partner celebrates anniversaries, big and small.
- You love being sent a surprise package at work.

4. ACTS OF SERVICE

- You like when your partner makes breakfast in bed.
- You like when your partner takes the dog for a walk, does the grocery shopping, or folds and puts away the laundry.
- You consider an uninterrupted hour of TV time a gift.

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5. PHYSICAL TOUCH

- You're comfortable with public displays of affection, even in front of large groups.
- You feel alone in a relationship if you're not able to express or receive physical affection.
- You like to get massages on a regular basis and love the occasional foot rub.
- You pride yourself on being a good hugger, and you like sitting close to others.
- You look forward to kisses and intimacy with your partner more than anything else.

Reflection:

- How was this activity for you?
- Can you think of other ways you utilize your love language?
- Is the way you give and receive love different?
