LOVE LANGUAGE

GUIDE FOR COUPLES

WORDS OF AFFIRMATION

use encouraging words
give genuine compliments
appreciate the little things
empathize when they are hurt
listen without distractions

RECEIVING GIFTS

give thoughtful gifts big & small
show excitement when receiving
make genuine gestures
give small tokens of appreciation
celebrate special occasions

QUALITY TIME

create special moments
plan thoughtful dates
accomplish chores together
have focused conversations
set goals & achieve together

PHYSICAL TOUCH

hug your partner
take a walk & hold hands
make intimacy a priority
kiss one another
sit close to each other

ACTS OF SERVICE

assist with projects
make their favorite meal
random acts of kindness
help with their workload
thoughtful, personal care

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