



**HOW TO SPEAK
YOUR PARTNERS
LOVE LANGUAGE**

PHYSICAL TOUCH

- Offer a (nonsexual) massage
- Initiate Intimacy
- Nonsexual touch throughout the day
- Hugs, kisses, cuddles

AVOID

- Long periods without intimacy
- Inauthentic connection
- Waiting for your partner to express need for touch/intimacy



WORDS OF AFFIRMATION

- Leave positive/ encouraging notes
- Compliment them
- Show appreciation through words
- Celebrate their accomplishments

AVOID

- Assuming they KNOW they are loved
- Emotionally harsh words
- Assuming they know you are proud of them
- Not recognizing or appreciating their efforts



QUALITY TIME

- Distraction-free time together
- Design a date
- Engage in deep conversations
- Plan to explore a new place

AVOID

- Distractions when you are with them
- Complaining about spending time together
- Viewing your partner as needy



ACTS OF SERVICE

- Show love & affection through actions
- Keep promises
- Take initiative on household chores
- Assisting during stressful times

AVOID

- Ignoring requests for help
- Not following through
- Being closed minded
- Falling Into gender roles



RECEIVING GIFTS

- Thoughtfulness in gift-giving
- Gifts as a way to capture a memory
- Gifts as a way to say you were thinking of them
- Be intentional with gifts

AVOID

- Forgetting special occasions
- Materialism - it isn't about cost
- Giving gifts out of 'duty'

