MY "LOVE LANGUAGE" — *What makes me feel loved?*

Created by Laura M. Brotherson

Often others are unsuccessful at loving us or meeting our needs because they don't know what makes us feel loved. Sometimes we don't even really know! Complete the following phrase in as many ways as you can by identifying what makes you feel cared about and loved. Be specific, concrete, positive and descriptive using quantifiable language (i.e. how much of what you want, and when you want it). (Examples: *I feel cared about/loved when you...call to tell me how much you love me during the day; or...have dinner ready each night; or...are affectionate with me.*) **Commit to do at least one of your spouse's desired behaviors each day.**

"I feel cared about/loved when you..."

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THE 5 LOVE LANGUAGES (by Gary Chapman)

1. **Words of Affirmation** — Written or verbal expressions of appreciation, love, reassurance, support and/or encouragement; being complimented or asked nicely to do something. May include notes, cards, phone calls, etc.
2. **Quality Time** — Receiving undivided/focused attention, being together/doing things together, discussing/listening together, sharing experiences, thoughts, feelings, etc.
3. **Receiving Gifts** — Receiving tangible gifts indicating time and thought on your behalf, a flower, a note on the bathroom mirror, small gifts for the children, etc.
4. **Acts of Service —** Any housework, making dinner, washing dishes, washing the car, changing baby's diaper, picking up dry cleaning, reading to the children, etc.
5. **Physical Touch** — Could include holding hands, a kiss good-bye, hugs, sexual intimacy, or any physical touch or affection.

HINTS

- *What does your spouse do, say or fail to do that hurts you most deeply?*
- *What have you most often requested of your spouse? What is your most frequent ongoing complaint?*
- *What do you regularly do or say to express love to your spouse?*