

Love Languages Chart

Name of Couple: _____ Date: _____ dd / mm / yyyy

Understanding the Five Love Languages
Words of Affirmation: Expressing affection through spoken affection, praise, or appreciation.
Acts of Service: Actions, rather than words, are used to show and receive love.
Receiving Gifts: Gifting is symbolic of love and affection.
Quality Time: Expressing affection with undivided, undistracted attention.
Physical Touch: It can be anything from a hug to a comforting touch on the arm.

IDENTIFYING YOUR PRIMARY LOVE LANGUAGE

Describe situations where you feel most loved.

What actions or gestures make you feel appreciated?

How do you typically express love to others?

LOVE LANGUAGE PREFERENCES

Words of Affirmation

Acts of Service

Receiving Gifts

Quality Time

Physical Touch

COMMUNICATION AND APPLICATION

How can you communicate your love language to others?

Ways to incorporate understanding of love languages in relationships

Additional Notes