






All information obtained from Dr. Gary Chapman's book: [The 5 Love Languages](#)

Now that you know your "partner's" Love Language, let's learn how to speak it!

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE { }

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

A Brief Guide to Speaking the 5 *Love Languages*

Excerpts from the website:

<https://fiercemarriage.com/how-to-speak-your-spouses-love-language-what-to-avoid>

Love Language: **Words of Affirmation**

- How to communicate: Encourage, affirm, appreciate, empathize.
- Actions to take: Send an unexpected note, text, or card. Encourage genuinely and often.
- Avoid: Non-constructive criticism, not recognizing or appreciating effort.

Love Language: **Physical Touch**

- How to communicate: Non-verbal – use body language and touch to emphasize love.
- Actions to take: Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.
- Avoid: Physical neglect, long stints without intimacy, receiving affection coldly.

Love Language: **Receiving Gifts**

- How to communicate: Thoughtfulness, make your spouse a priority, speak purposefully.
- Actions to take: Give gestures and gifts thoughtfully, with and without special occasion. Even small things matter in a big way. Express gratitude when you're given a gift.
- Avoid: Forgetting special occasions.

Love Language: **Quality Time**

- How to communicate: Uninterrupted and focused conversations. One-on-one time is critical.
- Actions to take: Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.
- Avoid: Distractions when spending time together, long stints without focused one-on-one time.

Love Language: **Acts of Service**

- How to communicate: Use action phrases like "I will" and "I'll help...". They want to know you're with them, partnered with them.
- Actions to take: Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.
- Avoid: Making the requests of others a higher priority, lacking follow-through on tasks big and small.

(Note: This article is not endorsed by or affiliated with Dr. Gary Chapman or the 5 Love Languages book in any way, though it is suggested that you consider purchasing a copy.)

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