

# The 5 Languages of Love (Worksheet) (3.6.24)

We all have need of all 5 of these love languages! That is the way God made us!  
At times it can be hard to tell what our Primary/Secondary ones are for this reason:  
1. Our “love tank” is full? Or 2. Our “love tank” is empty?

As you read this book, take the journey to find your Primary and Secondary love language!  
Then learn the love languages of those in your life! Learn how to give and receive specifically!  
This will change your life and the lives of those you are “doing life” with!

*Book: (LFC source center or Amazon.com)*

- **Words of Affirmation:** (Encourage, Acknowledge, Active Listening, Specific Compliments)  
Action Steps: Send an unexpected note, text, or card, be genuine!
- **Quality Time:** (Active Listening, Fully Present, Eye Contact)  
Action Steps: Uninterrupted special moments, non- multitasking time, eye to eye contact, walks, a getaway.
- **Gifts:** Visual symbols of love, (Things that matter to them and reflect their values.)  
Action Steps: Thoughtful gifts/gestures. If receiving a gift, respond Big to it!
- **Acts of Service:** (Can be small things and or big things, making their life easier.  
Actions speak louder than words)  
Action Steps: Do chores together, go out of your way to alleviate their daily needs.
- **Physical Touch:** (Affection, emotional connection can be or not be, sexual in nature.)  
Action Steps: Hugs, hand holding, make intimacy a thoughtful priority.

Notes: