

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language

Actions

Communication

Avoid

Words of Affirmation

Spoken words
Written cards and letters

Encouraging words
Compliments
Affirming spirit

Emotionally harsh words
Undue criticism

Quality Time

Running errands
Taking trips
Doing things together
Going on walks
Sitting/talking at home

Quiet places with no interruptions
Undivided attention
One-to-one conversations

Too much time with friends or groups
Isolation
Gaps of time between meetings

Receiving Gifts

Giving gifts
Giving time
Remembering special occasions
Giving small tokens

Private giving of gifts
Pleasant facial expressions

Materialism
Forgetting special events

Acts of Service

Assisting with house chores
Ongoing acts of helpfulness
Exchanging of chores

Say:
"What can I do for you?"
"I will stop and get..."
"Today, I did... for you."
Making a checklist

Forgetting promises
Over commitment of tasks
Ignoring

Physical Touch

Hugs
Pats
Touches
Sitting close

Pleasant facial expressions
Mostly non-verbal

Physical abuse
Corporal punishment
Threats
Neglect

* Taken from Gary Chapman's *The Five Love Languages of Teenagers*

