

The GPS to My Heart

Name: _____



My primary love languages are:

I feel loved and cared for when you...



- *Be a good detective → catch your partner doing something good! Then express your thanks or appreciation!*
- *If you haven't noticed any caring behaviors from your partner, give them one anyway... be the partner you want your partner to be!*



The 5 Love Languages

by Gary Chapman

www.5lovelanguages.com

Rankings
Mine Partner

1. Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important – hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

Words of appreciation, praise and encouragement; kind words; noticing and appreciating the other's actions and qualities; cards, letters, e-mails, texts; reading to each other.

2. Quality Time

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there – TV off, fork and knife down, and all chores and tasks on standby – makes your significant other feel truly special and loved. Distractions, postponed dates, or failing to listen can be especially hurtful.

Be available; do an enjoyable activity together; give undivided and focused attention; make time for quality conversation with each other; create memorable moments; reveal intimacies.

3. Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift can be disastrous—so is the absence of everyday gestures.

Give tangible objects of any shape, size or cost; visual symbols of love, freely offered for no reason and with no expectation of getting anything back; for surprises and special occasions.

4. Acts of Service

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

Willingly do things for the other; welcome helpfulness; provide timely and positive responses to the other's requests; do acts of kindness done with a loving attitude.

5. Physical Touch

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Give loving physical contact, at appropriate times and places; tender hugs, touches, pats on the arm, shoulder or back, foot, hand or fully body massages, kiss, hold hands, hold while crying to provide comfort, intimate touch and caress; making love



Caring Behavior Dialogue

SENDER:

Use the dialogue process to express the importance of the caring behavior to you. Pick one Caring Behavior that you'd like to share more about with your partner.

Start with the appointment:

- *"I'd like to have a caring behavior dialogue with you, is now a good time?"*

Express the specific behavior

- *"I feel loved and cared for by you when you..."*

Then add some lines to deepen it. For example,

- *"What it means to me when you do that is..."*
- *"That's important to me because..."*
- *"How that feels (similar to or different from) my childhood is..."*
- *"It reminds me of..."*
- *"When you do that I feel..."*

RECEIVER:

Mirror back each statement, using hand signal to pause when necessary

- *"You feel loved and cared for by me when I.... Is there more?"*

Summarize

- *"In summary, you said... Is that a good summary?"*

Validate

- *"I'm following you, and what you're saying is important to me. You make sense, and what really makes sense about this is..."*

Empathize

- *"I imagine right now this leaves you feeling... Is that accurate?"*
- *"Are there any other feelings?"* (Mirror back any additional feelings)
- *"You're feelings make sense."*

Express the impact this has on you (SENDER mirrors this back)

- *"One thing that touches me in listening to you now is..."*

