

A GUIDE TO
LOVE LANGUAGES

LOVING
IN THEIR

Language

@HANNAHEHUTTON

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LOVING IN THEIR LANGUAGE

WORDS OF AFFIRMATION

write a letter, send a text, leave a note

1. I LOVE YOU.
2. YOU ARE SO SPECIAL TO ME.
3. AFTER ALL OF THIS TIME, I'M STILL SO CRAZY FOR YOU.
4. IT REALLY IMPRESSED ME WHEN YOU...
5. I COULDN'T HAVE DONE ____ WITHOUT YOU.
6. YOU INSPIRE ME TO....
7. I JUST WANTED TO LET YOU KNOW I'M PROUD OF YOU.
8. I REALLY APPRECIATE YOU WHEN YOU DO...
9. I AM HERE IF YOU NEED ME. I'M ALWAYS IN YOUR CORNER
SUPPORTING YOU.
10. I FEEL SO LOVED WHEN YOU...
11. I AM PROUD OF YOU BECAUSE...
12. I WANT TO TAKE THE TIME TO THANK YOU FOR HOW HARD
YOU WORK AROUND OUR HOME.
13. YOU LOOK AMAZING. IS THAT A NEW OUTFIT?
14. I AM PROUD OF YOU FOR ALWAYS TRYING YOUR BEST,
WHATEVER IT IS.

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LOVING IN THEIR LANGUAGE

PHYSICAL TOUCH

tailor this based on the relationship

spouse or child

1. HUG WHEN YOU SAY GOODBYE OR HELLO
2. OFFER A BACK MASSAGE
3. HOLD HANDS
4. WHEN YOU'RE WATCHING A MOVIE, SNUGGLE CLOSE.
5. PLAY WITH THEIR HAIR
6. GIVE A PAT ON THE BACK

friend

1. HUG WHEN YOU SAY GOODBYE OR HELLO
2. GIVE A PAT ON THE BACK

LOVING IN THEIR LANGUAGE

QUALITY TIME

plan a date. look them in the eyes.

1. SCHEDULE UNINTERRUPTED TIME TOGETHER
2. START & END THE DAY WITH EYE CONTACT & A FEW MINUTES TALKING INTENTIONALLY
3. SURPRISE PLAN A DATE - FRIEND OR SPOUSE!
4. MAKE EYE CONTACT WHEN YOU ARE TOGETHER & TUCK YOUR PHONE OUT OF SIGHT
5. CANCEL A ROUTINE PLAN TO MAKE SPACE FOR THEM
6. SHOW INTEREST IN WHAT THEY SAY BY ASKING QUESTIONS

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LOVING IN THEIR LANGUAGE

ACTS OF SERVICE

*fold their laundry. wash their car.
clean their room.*

spouse

1. MAKE THEM BREAKFAST IN BED
2. FOLD & PUT AWAY THEIR LAUNDRY
3. CLEAN THEIR CAR
4. DO A TASK THAT THEY NORMALLY DO SUCH AS PAY A BILL
5. DO THE GROCERY SHOPPING
6. DO THEIR LEAST FAVORITE HOME CLEANING TASK

friend

1. PICK UP THEIR KID FROM SCHOOL
2. TAKE THEM COFFEE WHILE THEY WORK
3. CLEAN THEIR KITCHEN
4. PICK UP THEIR GROCERY ORDER

child

1. HELP THEM CLEAN THEIR ROOM
2. DO A CHORE THEY'VE BEEN DREADING
3. MAKE THEIR BED FOR THEM WHEN THEY FORGET
4. MAKE THEIR FAVORITE MEAL

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LOVING IN THEIR LANGUAGE

RECEIVING GIFTS

buy them a souvenir. pass on kid's clothes.

spouse

1. ON A WORK TRIP? BUY THEM A SOUVENIR THAT SAYS 'I
THOUGHT OF YOU'
2. BUY HER FLOWERS JUST BECAUSE
3. TAKE HIM COFFEE AT WORK
4. GRAB THEIR FAVORITE SNACK WHILE YOU ARE GROCERY
SHOPPING

friend

1. TAKE THEM COFFEE DURING THE DAY
2. THRIFTING? FIND SOMETHING THAT LOOKS LIKE THEIR
STYLE
3. PICK SOME WILDFLOWERS FOR THEM

child

1. A NEW PAIR OF COZY SOCKS JUST BECAUSE ITS WINTER
2. GIVE YOUR DAUGHTER A NEW NAIL POLISH IN HER FAVORITE
SHADE
3. LET THEM PICK A TOY FROM THE DOLLAR STORE
4. PACK A SMALL GIFT IN THEIR BACKPACK

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