

Daily Acts of Love.

1. What is your partner's love language? How do you currently express love to them?
2. Choose one of the styles of communicating, and pick some acts of love you think would make your partner FEEL loved.

It's okay to pick some, and find that they weren't a good fit, then try again! This is SLOW love, and that can mean that it takes time for the changes to settle. Be patient.

If it has been a while since you felt close to each other, your partner may be resistant to your expressions of love. Don't force it on them, but keep acting with love in ways that are expressive without being invasive.

WORDS OF AFFIRMATION

This love language is about expressing admiration, respect, appreciation, desire, love, and more! Your partner wants words.

- Send a loving text
- Write a love letter
- Express appreciation for a chore they do
- Admire the way they look today
- Thank them for their contribution to your life
- Tell them you love them
- Share a memory of a time you had fun together
- Tell them about why you fell in love with them
- Express appreciation for a quality they have
- Share something about them that you find sexy
- Explain how they have changed your life
- Talk to them every day, and make sure to listen too.

RECEIVING GIFTS

This is a visual love language, your partner wants to see that you love them, give them tangible things they would like.

- Bring home fresh flowers or flowers you picked
- Give them a delicious treat they love to eat
- Write a card, or a letter expressing love
- Pick up a book, record, game, or similar that they'd like
- Make a HUGE deal out of birthdays, holidays, anniversaries and other important dates.
- Gifts don't need to be expensive, only thoughtful.
- If you don't know what to get, ask their friends.
- Keep a list of things they have expressed desire for.
- Remember important dates. Make this happen.
- Bring them tea, coffee, beer, wine.
- Find national holidays and buy whimsical gifts.

PHYSICAL TOUCH

This is a kinaesthetic love language, your partner wants to feel that you love them, touch them affectionately.

- Hold hands when you go out together.
- Kiss hello and goodbye (passionately, not pecks!)
- Give them a shoulder rub
- Give them a head massage
- Snuggle close when you watch a movie
- Cuddle close in bed before you sleep
- Touch them on the arm, hand, shoulder as you pass by
- Give them a hug that lasts for at least 3 minutes
- Initiate touch and relax into it
- Be mindful of your energy, they can feel it
- Hug them from behind
- Have a shower together



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QUALITY TIME.

This is a kinaesthetic love language, your partner wants to feel that you are present with them, and engaged.

- Plan an activity together, and take care of the logistics
- Eat dinner together at the table (with candles)
- Put your phone down when you are together
- Listen carefully, and ask questions about their day
- Make your partner your top priority when it comes to your time, energy, and attention
- Give experience based gifts - like concert tickets, an adventure activity, or a special dinner
- Be consistent in your daily rituals
- Meet for a breakfast or lunch date on a work day
- Learn a new activity together - paint, dance, workout
- Make eye contact when you are together

ACTS OF SERVICE

This is a visual love language, your partner wants to see that you love them, through the things you do FOR them.

- Bring them a cup of tea or coffee in the morning
- Wash their car, or fill it with fuel
- Make a special meal as a surprise
- Do the chore that they hate, as an act of love
- Make them breakfast in bed
- Pack lunch for them with a love letter inside
- Run a bath for them
- Give them a day free of kids & chores (YOU do them)
- Ask "What can I do for you today?"
- Do the chore they most complain about
- Pour them a drink when they get home at night
- Take / pickup their clothes from drycleaner