

Finding Your Love Language

Use this worksheet to help find your love languages (and get some ideas on your spouse's). As a reminder, the main love languages are:

- Quality Time
- Acts of Service
- Gifts
- Touch
- Words of Affirmation

1. How do I tend to show love (words, time, gifts, acts of service, touch)? This can often give you a clue to your own love language.
2. How does your spouse tend to show love?
3. What has my spouse done lately that really meant a lot to me (made me feel loved)? What love language(s) does that go with?
4. What have I done for my spouse lately that he seemed to really appreciate? What love language(s) does that go with?
5. What would my parents say my love language was growing up?

6. What would your spouse's parents say his/her love language was growing up?

7. What really hurts me most? (missing a date, not getting help with household duties, forgetting or getting a thoughtless gift, lack of physical touch, critical remarks) What hurts most is often the opposite of your love language.

8. What really hurts my spouse most? (missing a date, not getting help with household duties, forgetting or getting a thoughtless gift, lack of physical touch, critical remarks)