



## DISCOVERING & MEETING YOUR FAMILY'S NEEDS

	NAME	DO THESE THINGS	AVOID THESE THINGS
		Encouraging words, appreciation and compliments. Send a text, email or card. Validate and affirm genuinely and often.	Harsh words, non-constructive criticism, not recognizing effort or saying thanks.
		Uninterrupted & undivided attention, 1=1 time and meaningful conversations. Go on walks and plan special moments, dates or trips together.	Distractions or interruptions when together, multi-tasking.
		Thoughtfulness, remember their favorite things, remember special occasions, give a meaningful gift just because.	Forgetting special occasions, gifts with hidden or negative agenda.
		Assist with chores, serve breakfast in bed, pitch in and help. Phrases like: "How can I help..." "I would love to...for you"	Forgetting promises, over committing, selfishness, unwilling to serve.
		Touch that communicates I am here and I care about you. Hugs, kisses, holding hands, foot rub, tickles and affection.	Neglect, lack of physical contact, abrasive contact.



After taking the 5 Love Languages profile for each member of your family, fill in a name next to each person's primary love language. Put this card in a frame and keep in a central location in your home to remind each other to show love in an intentional way. You will also find ideas of what to do and what to avoid when speaking your family's love languages.