

## DISCOVER

Learn the love languages for each member of your family by visiting **5lovelanguages.com** or using the enclosed profiles. In a few minutes, you will discover how you and your loved ones express and interpret love.

## MEET

Once you discover each member of your family's love language, make an effort to show love to each individual in his or her primary love language. Get creative. Put it on a calendar, have a family contest to see who can out-love each other. Whatever you do, become more intentional about filling up one another's love tanks.

## LOVE LANGUAGE – PLEDGE –

I/We pledge to discover the love language of each member of my/our family and to find ways to meet those specific needs.

Name: \_\_\_\_\_ Love Language: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## GOING FURTHER

### 5 LOVE LANGUAGE RESOURCES

The 5 Love Languages®  
The 5 Love Languages® of Children  
The 5 Love Languages® of Teens  
The 5 Love Languages® Singles Edition  
The 5 Love Languages® for Men  
A Perfect Pet for Peyton [children's book]  
The 5 Love Languages® Military Edition

### TAKE THE LOVE LANGUAGE CHALLENGE:

A five-week challenge that helps you to show love to your spouse by completing a weekly assignment. Each challenge will be tailored to your loved one's language and each week you will be reminded to complete your challenge with corresponding ideas.

To sign up for the Love Language Challenge, visit **lovelanguagechallenge.com** or download the free Love Language Challenge App.

### 5LOVELANGUAGES.COM:

Here you will find helpful features—links to other resources, free stuff, study guides, podcasts, and more—all designed to encourage you and strengthen your relationships.

### YOUVERSION:

Seven-day Bible reading plans for 5 Love Languages® for Him and the 5 Love Languages® for Her.

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DISCOVERING & MEETING  
YOUR FAMILY'S NEEDS

LOVE TANK

Your love language may be as different from your loved one as French is from English. Each person has a primary way of expressing and receiving love. To communicate love effectively, we must learn to speak and understand new languages of love. Knowing someone's primary love language is like knowing their favorite foods. Just because someone really enjoys pasta doesn't mean they never enjoy burgers. The fact that your spouse or child most benefits from quality time does not mean you should avoid words of affirmation. On the contrary, we show love in all five ways even while becoming particularly intentional about a loved one's primary love language. When we show others love in their primary love language, it is as if we are filling their "Love Tank." Like putting gas in a car, each time you speak to them in their language you make a deposit in their love tank and give them emotional fuel for the day.

“OF THE COUNTLESS WAYS WE CAN SHOW LOVE TO ONE ANOTHER, FIVE KEY CATEGORIES HAVE PROVEN TO BE UNIVERSAL AND COMPREHENSIVE.”

— The 5 Love Languages —

- WORDS OF AFFIRMATION
- QUALITY TIME
- RECEIVING GIFTS
- ACTS OF SERVICE
- PHYSICAL TOUCH



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. You thrive on hearing kind and encouraging words that build you up.

TIPS

Encourage, affirm, appreciate, send an unexpected note or text



In Quality Time, nothing says, "I love you" like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes them feel truly special and loved. Distractions, postponed activities, or the failure to listen can be especially hurtful. Whether it's spending uninterrupted time talking with someone else or doing activities together, you deepen your connection with others through sharing time.

TIPS

Uninterrupted and focused conversation, special moments together, something fun together



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 or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures. Gifts are heartfelt symbols to you of someone else's love and affection for you.

TIPS

Thoughtfulness, gifts and gestures, special surprise or present just because



Can helping with homework 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 wants 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. When others serve you out of love (and not obligation), you feel truly valued and loved.

TIPS

Willing to help, do a chore, alleviate workload, or make a meal



A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, and thoughtful touches on the arm—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. Appropriate and timely touches communicate warmth, safety, and love to you.

TIPS

Hugs, kisses, holding hands, or snuggling