



# LOVE LANGUAGE

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## *BUILDING A BETTER RELATIONSHIP*

### LOVE LANGUAGE

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**Learn how to love your partner and yourself. This activity teaches couples how to show love in a manner that highlights their partners love language. This exercise is to help you further utilize the lessons learned from the 5 love languages quiz results.**

Below are the five love languages.

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

#### FRIENDLY REMINDER

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**Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.**

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## Step I

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**Each partner should take the quiz individually. Start by following the link below to take the quiz.**

Link to the quiz:

- <http://www.5lovelanguages.com/>

**After completing the love language quiz explore the following two questions individually:**

**Question 1:** *How has my love language compared to my past?*

(do your best to explore the question in respect to your relationship and upbringing).

**Question 2:** *What does it feel like when I receive varying love languages?*

(do your best to provide details for your partner).

**Question 3:** *What are examples that highlight my love language?*

### **FRIENDLY REMINDER**

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(do your best to provide details for your partner).

## Step 2

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**Share your quiz results with your partner if you haven't done so already. Explore the following questions with your partner.**

**Question 1:** *What does it feel like when you receive your ideal love language versus the others?*

(do your best to explore the question in respect to your relationship and upbringing).

**Question 2:** *What are examples of ways that I can demonstrate your love language?*

(do your best to provide details for your partner).

The goal in this step is to engage in conversation that allows you know and understand your partners love language. Take time to explore how the love languages have been played out in the history of your relationship. Share with your partner the answer to the questions in (step 1).

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### Step 3

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**The last step is all about taking action. To have a healthy and successful relationship, two people must take time to work at it. During this step, follow the instructions below:**

- For the next 5 days provide your partner with a rich amount of the ideal love language. As an example, if Steve's ideal love language is quality time, then his partner would for the next five days actively engage in providing the specific love language. Please be mindful to continue to provide the other love languages.
- During the five day period explore the following questions at the end of each day.
  - *Did you feel more connected today? (If so, why).*
  - *Did you feel valued today? (If so, why).*
  - *How has the relationship changed since taking on the love language exercise?*

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- *Did you feel that your needs were better met today? (If so, why). Reminder*

After completing the five day practice, you should find a positive change in your relationship. An understanding of how to meet your partners needs and in addition how to share with your partner ways that they can meet your needs.

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