



THE COACHING GROUP

# LOVE LANGUAGES

LOVE LANGUAGES ARE THE WAYS THAT PEOPLE SHOW AND RECEIVE LOVE. WHEN WE USE DIFFERENT LANGUAGES IT CAN BE DIFFICULT TO COMMUNICATE YOUR FEELINGS. USE THE QUESTIONS BELOW TO HELP TO IDENTIFY YOUR LOVE LANGUAGE.

## Words Of Affirmation

- Do you feel loved when someone compliments you?
- Do verbal expressions of gratitude make you feel valued and respected?
- Do you feel connected to your partner when they express feelings for you verbally?
- Do you feel special when your partner uses special names or terms of endearment?
- Do you find written notes or letters expressing love particularly touching?

## Quality Time

- Do you feel connected to your partner when they spend uninterrupted time with you?
- Is it important for you to share experiences or activities with your partner?
- Do you value deep, meaningful conversations with your partner?
- Does it affect you when your partner is physically present but seems distracted?
- Does it hurt you when your partner cancels plans or doesn't spend time with you?

## Physical Touch

- Do you feel loved when your partner holds your hand or hugs you?
- Is physical intimacy important to you in a relationship?
- Is your first instinct to physically comfort your partner when they are upset?
- Does a lack of physical touch make you feel distant or unloved?
- Does physical closeness, like sitting together or cuddling, make you feel loved?

## Acts Of Service

- Does your partner helping with your responsibilities make you feel cared for?
- Do you feel loved when your partner steps in to help when you're overwhelmed?
- Do you feel loved when your partner goes out of their way to help you?
- Does it upset you when your partner doesn't do something they said they would do?
- Do you show love by doing things for others that you know they would appreciate?

## Receiving Gifts

- Does receiving a gift, regardless of its cost, make you feel appreciated and valued?
- Do you feel loved when your partner remembers special occasions with a gift?
- Does the thought and effort behind a gift matter more to you than the gift itself?
- Does it hurt you when your partner forgets to get you a gift for a special occasion?
- Do you still keep and cherish gifts given to you by your partner a long time ago?

