

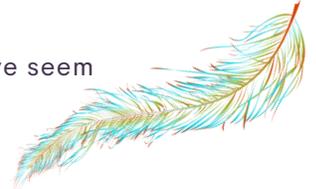
# Wanda Gibbons Coaching

L I V E Y O U R L I F E & L O V E I T

## What Is Your Love Language?

Do you want to know what really makes your partner feel loved?

Have you ever become discouraged because your expressions of love seem unappreciated?



Is your partner well-intentioned, but you just aren't feeling loved the way you want to be?

Don't worry! You and your partner don't need to have the same "native" tongue. What matters is that you learn to speak the language your partner (or future partner) hears.

*Love isn't finding a perfect person. It's seeing an imperfect person perfectly.*

**A core human need is to be loved.** Not a need to fall in love - a need to be genuinely loved by another. When you're "in love," it's natural and easy to make your partner feel loved. Real love requires effort and discipline. The longer you are together, you and your partner's ability to express love to each other gets more and more critical.

### Emotional Love Tank

When your partner's emotional love tank is full, they will feel secure in your love, and the whole world will look brighter, making it easier for them to reach their highest potential. Isn't this what you want?

Symptoms of an empty tank: misbehaviour, withdrawal, harsh words, criticism.

By understanding your partner's love language and what makes them feel the most loved, you can learn how to express love in a way that means the most to them.

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## The Languages of Love

While most people enjoy most of these ways of receiving love, everyone has one or two that are not just nice to have, they are necessary in order to really feel loved. One person could be told they are loved and be praised all day long and not feel loved because what they need the most is quality time with this person, which they are not getting. For another person, they may be overwhelmed with love when their partner gives them a heartfelt gift, while to someone else, they're overjoyed when their partner cleans their car.

Speaking each other's love language can be a powerful tool in any relationship. It's a great starting place to see quick results. Still, it's also important to realize that other aspects of a relationship may need to be explored and beneficial to a healthy, thriving, loving partnership.

### The 5 Love Languages are:

**Words of Affirmation:** People who speak this language feel the most loved when they are verbally acknowledged, praised, complimented, encouraged and told, "I love you."

**Quality Time:** People who speak this language feel the most loved when their partner actively engages with them and puts aside other priorities to spend one-on-one time with them. They value eye contact, active listening, and full presence.

**Acts of Service:** People who speak this language feel the most loved when their partner goes out of their way to do things for them and make their lives easier, such as cooking them a nice meal or doing chores to take the burden off them.

**Receiving of Gifts:** People who speak this language feel the most loved when their partner offers them a gift that is symbolic of their love. The monetary value is not what matters to them. It is knowing that the person was thinking of them.

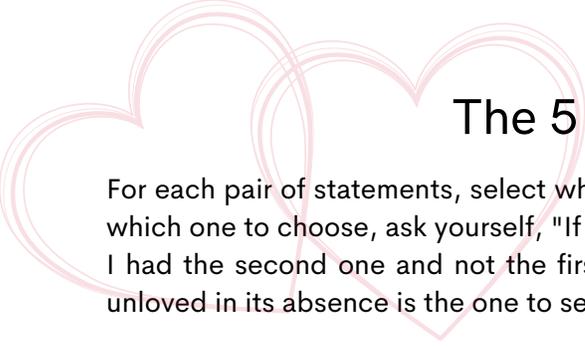
**Physical Touch:** People who speak this language feel the most loved when their partner expresses physical affection, whether it is holding hands, a back rub, or sexual intimacy.

If you are ready to know what love language you and your partner speak, I recommend taking the Love Language Quiz attached. For further exploration, read the book *The 5 Love Languages* by Dr. Gary Chapman at [www.5lovelanguages.com](http://www.5lovelanguages.com)



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## The 5 Love Languages Quiz

For each pair of statements, select which one is MOST important to you. If you have trouble deciding which one to choose, ask yourself, "If I had the first one and not the second one, would I feel loved? If I had the second one and not the first one, would I feel loved?" Whichever one leaves you feeling unloved in its absence is the one to select.

- |    |   |        |
|----|---|--------|
| 1  | My partner's love notes make me feel good.<br>I love my partner's hugs.   | A<br>E |
| 2  | I like to be alone with my partner.<br>I feel loved when my partner helps me do yard work.                                | B<br>D |
| 3  | Receiving special gifts from my partner makes me happy.<br>I enjoy long trips with my partner.                            | C<br>B |
| 4  | I feel loved when my partner does my laundry.<br>I like it when my partner touches me.                                    | D<br>E |
| 5  | I feel loved when my partner puts their arm around me.<br>I know my partner loves me because they surprise me with gifts. | E<br>C |
| 6  | I like going most anywhere with my partner.<br>I like to hold my partner's hand.  | B<br>E |
| 7  | I value the gifts my partner gives me.<br>I love to hear my partner say they love me.                                     | C<br>A |
| 8  | I like my partner to sit close to me.<br>My partner tells me I look good, and I like that.                                | E<br>A |
| 9  | Spending time with my partner makes me happy.<br>Even the smallest gift from my partner is important to me.               | B<br>C |
| 10 | I feel loved when my partner tells me they are proud of me.<br>When my partner cooks a meal for me, I know they love me.  | A<br>D |
| 11 | No matter what we do, I love doing things with my partner.<br>Supportive comments from my partner make me feel good.      | B<br>A |
| 12 | Things my partner does for me, mean more than anything they say.<br>I love to hug my partner.                             | D<br>E |
| 13 | My partner's praise means a lot to me.<br>It means a lot to me that my partner gives me gifts I really like.              | A<br>C |
| 14 | Just being around my partner makes me feel good.<br>I love when my partner rubs my back                                   | B<br>E |

- |    |   |        |
|----|---|--------|
| 15 | My partner's reactions to my accomplishments are so encouraging.<br>It means a lot to me when my partner helps with something I hate.               | A<br>D |
| 16 | I never get tired of my partner's kisses.<br>I love that my partner shows real interest in things I like to do.                                     | E<br>B |
| 17 | I can count on my partner to help me with projects.<br>I still get excited when opening a gift from my partner.                                     | D<br>C |
| 18 | I love when my partner compliments my appearance.<br>I love that my partner listens to my ideas and doesn't judge me.                               | A<br>B |
| 19 | I can't help but touch my partner when they are close by.<br>I appreciate it when my partner runs errands for me.                                   | E<br>D |
| 20 | My partner deserves an award for all the things they do to help me.<br>I'm sometimes amazed at how thoughtful my partner's gifts are.               | D<br>C |
| 21 | I love having my partner's undivided attention.<br>Keeping the home/yard/etc. clean is an important act of service.                                 | B<br>D |
| 22 | I look forward to seeing what my partner gives me for my birthday.<br>I never get tired of hearing my partner tell me I'm important to them.        | C<br>A |
| 23 | My partner lets me know they love me by giving me gifts.<br>My partner shows their love by helping me catch up on projects.                         | C<br>D |
| 24 | My partner doesn't interrupt me when I'm talking and I like that.<br>I never get tired of receiving gifts from my partner.                          | B<br>C |
| 25 | My partner knows when I'm tired and is good at asking if they can help.<br>It doesn't matter where we go, I just like going places with my partner. | D<br>B |
| 26 | I love having sex with my partner.<br>I love surprise gifts from my partner.  | E<br>C |
| 27 | My partner's encouraging words give me confidence.<br>I love to watch movies with my partner.   | A<br>B |
| 28 | I couldn't ask for any better gifts than the ones my partner gives me.<br>I just can't keep my hands off my partner.                                | C<br>B |
| 29 | It means a lot to me when my partner helps me even when they are busy.<br>I feel really good when my partner tells me they appreciate me.           | D<br>A |
| 30 | I love hugging and kissing my partner when we've been apart.<br>I love hearing my partner tell me they believe in me.                               | E<br>A |

Now, tally up your scores.

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_ D: \_\_\_\_\_ E: \_\_\_\_\_

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

You can also find Dr. Gary Chapman's free Love Languages Quiz at [www.5lovelanguages.com](http://www.5lovelanguages.com)



In order of importance, my Love Languages are:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

In order of importance, my partner's Love Languages are:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_



## Tips for Each Love Language:

### If your partner values "Words of Affirmation":

- Make a list of all the things you like, appreciate, or value about your partner. Verbally compliment or express appreciation a minimum of once per day.
- Write something down (a letter, a sentence) and give it to your partner. Perhaps a love note in their daily planner or laptop case, maybe even seal it with a kiss. (lipstick lip print or sticker)
- Compliment your partner in front of others.

### If your partner values "Quality Time":

- List 5 things you could discuss with your partner in a quality conversation.
- List 5 ways you can improve your focused attention on your partner.
- List 5 activities you could do together that you would both enjoy.

#### Sub-Type of Quality Time: Tips for Quality Conversation:

- Maintain eye contact
- Give them your full attention when you are in a conversation

### If your partner values "Giving of Gifts":

- List 10 ideas for giving gifts that do not cost money.
- List 10 things in a journal that you know they value and appreciate, then refer to this list when you can't think of what to get them. Keep adding to the list as you think of new ideas.

Gifts can be:

- symbolic items found in nature, bring home pizza, and of course, physical objects

### If your partner values "Acts of Service":

- Make a list of things you could do for your partner that could be very meaningful and catch them by surprise.
- Helping with the chores that they usually do.
- Make a list of the things your partner regularly nags you to do and grant one request per week or even one per month.

### If your partner values "Physical Touch":

- You need to touch your partner more! It can be: Sitting close, touching them as you walk by, hugging them every time they return home, holding hands, cuddling, giving them a massage.
- Remember that it's essential to reach out to your partner during stressful periods. This is when they need it most. If your partner is upset, hug them or rub their shoulders.
- Recognize that you may not highly value physical touch, but if your partner does, you **MUST** be physically affectionate in order to have a happy relationship. If you are uncomfortable, exposure through practicing will help, or you may need to explore if you had a trauma in your past that was physical. If so, then healing this trauma would be very beneficial.

I highly recommend reading Dr. Gary Chapman's book, *The 5 Love Languages*, where he offers excellent examples for each love language and goes into more detail, or you can visit [www.5lovelanguages.com](http://www.5lovelanguages.com)

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Live Your Life & Love It

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