



# 5 Ways to Say I Love You, other than,

## " I Love You"

Although loving others and ourselves is a fundamental concept in life, there seem to be very few practical instruction guides on the subject. We often find ourselves clueless as to how we can express our love for another and have it received. It's interesting how the profound can come from simple things. The Five Love Languages, written by Dr. Gray Chapman, describes five simple things one can do to express love. Our "love languages" can be discovered through a simple survey. The results of the survey will let you know what your love language is and how to communicate it to others and vice versa. This simple understanding can make all the difference in the world.

### **PHYSICAL TOUCH**

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands and thoughtful touches on the arm, shoulder or face—they can all be ways to show excitement, concern, care and love.

### **ACTS OF SERVICE**

Can vacuuming the floors 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 want to hear: "Let me do that for you."

### **QUALITY TIME**

In the vernacular of 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 your significant other feel truly special and loved.

### **WORDS OF AFFIRMATION**

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.

### **RECEIVING GIFTS**

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.

# TAKE THE SURVEY

Rate each statement on a scale of 1 to 5, 1 being the least true about you & 5 being the most true about you.

- \_\_\_ (A) I feel loved when you acknowledge me.
- \_\_\_ (B) I like to spend one-on-one time with you.
- \_\_\_ (C) I feel loved when you surprise me with a gift.
- \_\_\_ (D) I feel loved when you give me practical help.
- \_\_\_ (E) I feel loved when you hug or touch me.
- \_\_\_ (A) Your words of acceptance are important to me.
- \_\_\_ (B) I feel close when we are talking or doing something together.
- \_\_\_ (C) A handmade gift means a lot to me.
- \_\_\_ (D) I feel loved when you do things to help me.
- \_\_\_ (E) I feel loved when you hold me in your arms.
- \_\_\_ (A) I like when you compliment my achievements.
- \_\_\_ (B) I like when you listen to me sympathetically.
- \_\_\_ (C) I feel loved when you celebrate my birthday with a thoughtful gift.
- \_\_\_ (D) I know you love me when you do things for me that you don't enjoy doing.
- \_\_\_ (E) I like to hold hands with you and sit close to you.
- \_\_\_ (A) I value your praise and try to avoid your criticism.
- \_\_\_ (B) I feel loved when you take the time to understand my feelings.
- \_\_\_ (C) I know you are thinking of me when you send me flowers.
- \_\_\_ (D) I feel loved when you help me with my home projects.
- \_\_\_ (E) I feel closer to you when you touch me.
- \_\_\_ (A) I like when you compliment my appearance.
- \_\_\_ (B) I really enjoy the feeling I get when you give me your undivided attention.
- \_\_\_ (C) I appreciate it when you remember special days with a gift.
- \_\_\_ (D) Your acts of service make me feel loved.
- \_\_\_ (E) I like for you to touch me when you walk by.
- \_\_\_ (A) I feel loved when you tell me how much you appreciate me.
- \_\_\_ (B) I enjoy extended trips with you.
- \_\_\_ (C) Receiving a gift for no occasion makes me feel loved.
- \_\_\_ (D) I feel loved when you help me out with my chores.
- \_\_\_ (E) I feel secure when you are touching me.
- \_\_\_ (A) I need your words of affirmation daily.
- \_\_\_ (B) I appreciate it when you listen patiently and don't interrupt me.
- \_\_\_ (C) Your gifts are always special to me.
- \_\_\_ (D) I feel loved when you enthusiastically do a task I have requested.
- \_\_\_ (E) Kissing me unexpectedly makes me feel loved.

## SURVEY TALLY

A	B	C	D	E
WORDS OF AFFIRMATION	QUALITY TIME	RECEIVING GIFTS	ACTS OF SERVICE	PHYSICAL TOUCH