



## Five Love Languages Worksheet

In order to create win/win situations, we need to be able to effectively communicate our needs. We can teach people how to treat us and set them up to win. The problem is, that many of us were raised with the belief that it is better to be nice, than honest and have either lost touch with what makes us happy and feel celebrated, or have never really explored what that would be like. By being kind, it allows us to be honest and respectful, while we set clear boundaries, as well as, ask for our needs to be met in the equation.

I encourage you to do this exercise to get clear on the things that make you thrive most and make it your mission to fulfill these needs, without expecting others to read your mind.

Take a look at the 5 love languages, then put them in priority order of which mean the most to you;

- 1) \_\_\_\_\_ Quality time
- 2) \_\_\_\_\_ Physical touch
- 3) \_\_\_\_\_ Acts of service
- 4) \_\_\_\_\_ Gifts
- 5) \_\_\_\_\_ Words of affirmation

When I first did this exercise, I put physical touch as number 1 on the list, but when I really broke it down, I realized that words of affirmation and quality time were necessary, for me to be open to physical touch in a relationship. So, what I originally thought was top on my list, ended up being 3<sup>rd</sup> or 4<sup>th</sup>. Be sure to take your time and think them through.

Next rate how you mostly express love:

- 1) \_\_\_\_\_ Quality time
- 2) \_\_\_\_\_ Physical touch
- 3) \_\_\_\_\_ Acts of service
- 4) \_\_\_\_\_ Gifts
- 5) \_\_\_\_\_ Words of affirmation

What I have noticed while doing this exercise with clients, family and friends, is that many times people give the very things they need most and rate top on the priority list, in hopes to get the same in return. The thing is, that the love language being expressed

may not mean as much to the person receiving it. The other person may feel misunderstood or taken for granted. What ends up happening is that both person's needs are not fully being met. If not discussed, they can be left thinking the other must not feel as strongly for them, or their needs aren't as important.

You see how misunderstandings can take place?

For instance, if words of affirmation were really important to me, I might give a lot of compliments and words of encouragement. My partner not only doesn't seem to really appreciate my efforts, he/she doesn't show their love and appreciation towards me in that way much at all.

My partner, on the other hand, goes out of their way to take care of all the things around the house and are the first to initiate intimacy. I get mad because they don't spend much alone time with me, yet expect me to just turn on, once in bed, at their beck and call. I end up feeling taken for granted, misunderstood and not appreciated.

My partner makes comments about how I don't chip in enough around the house and that I don't initiate intimacy as often. He/she feels taken for granted, misunderstood and unwanted. Therefore, doesn't feel inspired to compliment my efforts, because they feel it is off balance.

Notice we are experiencing almost identical feelings and frustrations? How many times do we hear in arguments, that both people are feeling the same way, yet no one understands how that could be.

Can you see, how if my top priorities are "quality time" and "words of affirmation" and my partners are "acts of service" and "physical touch" there could be some confusion?

Neither persons needs are really being met, and it is not from lack of effort or genuine caring. Both can end up feeling dissatisfied and frustrated. Where the confusion comes in is, what makes one person feel loved and celebrated, is not necessarily what makes their partner, friends or family feel the same way.

All 5 of these love languages are things most of us enjoy, and we do not need to choose only 1 or 2. However, there are one or two that rank much higher, being essential for making us feel loved. When we are clear on what they are, it gives us the opportunity to effectively communicate those needs to our loved ones. That is how we set ourselves and others up to win. Wanting to have a better understanding, of what makes others in your life feel loved and appreciated, is setting YOU up to succeed.

Ultimately, we are responsible for our own happiness.

If physical touch is really important to me, and not so important to my mate, or maybe I am single, there are other ways to satisfy those needs. One way, is to have a pet to cuddle with. You can also get regular massages or express affection with family and friends.

If words of affirmation are big on your list, choose situations where you are recognized for your efforts, such as volunteer work.

Quality time can be spent with a mate, family, friends, coworkers and consider helping others in need.

If receiving gifts means a lot to you, communicate that to your loved ones in your life, and, be sure to buy yourself special gifts that make you feel celebrated. If acts of service are what inspires you, don't assume people do not want to help, be sure to ask, if they would be willing to ...

Sometimes hiring someone to get things done and have those needs met, is an act of self- love.

I invite you to get as playful and inquisitive with this exercise as you can. I ask everyone I meet what their love languages are, as a way to know them better. It can be a fun game.