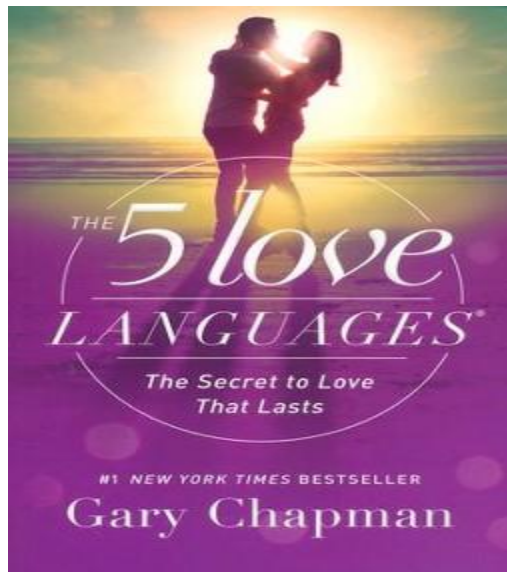


5 LOVE LANGUAGES



1. **Words of Affirmation** - Saying supportive things to your spouse. Examples: Your spouse congratulates you, tells you "great job!", tells you that you look attractive, or thanks you for something? If these things make you feel the most loved and happy, words of affirmation may be your primary love language.
2. **Acts of service** - Doing helpful things for your spouse. Examples: Your spouse does a chore for you, runs an errand for you, or takes care of something without having to be asked? If these things make you feel the most loved and happy, acts of service may be your primary love language.
3. **Receiving Gifts** - Giving your spouse gifts that tell them you were thinking about them. You get a gift or a small treat from your spouse that tells you he/she was thinking about you. If these things make you feel the most loved and happy, receiving gifts may be your primary love language.
4. **Quality Time** - Spending meaningful time with your spouse. You and your spouse have a date night, go on a trip together, or have a deep conversation? If these things make you feel the most loved and happy, quality time may be your primary love language.
5. **Physical Touch** - Being close to and caressed by your spouse physically. You and your spouse hold hands, kiss, hug, or sit/lay close together. If

these things make you feel the most loved and happy, physical touch may be your primary love language.