

THE WAYS WE FEEL LOVED..



What does your partner do or say that you cherish most?
How do you express your love for your partner? Are there times when your partner does not experience being loved by you even though you know you have tried to love them? Perhaps you are not using the language they understand. Perhaps you are trying to love them the way you like to be loved rather than the way they like to be loved. Try the following exercise with your partner. Read through the varied ways of expressing love below and, like voting in an election, rate them with a different number in each box (where 1 is the most important and 7 the least). Also vote the way you think your partner would and then compare your choices with your partner.

I feel loved by

My partner feels loved by

- | | | |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | getting surprise gifts | <input type="checkbox"/> |
| <input type="checkbox"/> | being cuddled | <input type="checkbox"/> |
| <input type="checkbox"/> | spending time together | <input type="checkbox"/> |
| <input type="checkbox"/> | having sexual intercourse | <input type="checkbox"/> |
| <input type="checkbox"/> | receiving words of praise | <input type="checkbox"/> |
| <input type="checkbox"/> | talking about serious relationship issues | <input type="checkbox"/> |
| <input type="checkbox"/> | having something nice done | <input type="checkbox"/> |

Print two copies of this sheet, complete one each and then swap sheets with your partner, compare your responses and talk about any similar and different responses you might have made.

Adapted from Chapman, G (2005) THE FIVE LOVE LANGUAGES, Moody Publications

