

Connection: How do you receive love?

We each have a preferred way to show and receive love.
How do you prefer to have your emotional tank filled?

I have known I was loved when:

1. _____
2. _____
3. _____
4. _____
5. _____

I love it when:

How do you react to these acts of love? Write a rating number in the gray box on each line in both columns

1 = not bad

2 = gets my attention

3 = my socks go up and down!

	I love it when my spouse...					My Spouse loves it when I...				
Says things like "Good Job" or "you look great"										
Writes me a note										
Listens to a story from my day										
Encourages me										
Handles needed household chores										
Gives me a back/foot massage										
Cooks for me										
lingers over meals together										
Gives me flowers or candy										
Initiates sexual closeness										
Fixes things										
Holds my hand										
Brings home a CD I love										
Gets us out of the house together										
Gives a kiss randomly										
Brings home a treat I love										
Pays attention										
Handles the details										
Offer compliments										
Takes care of the kids										
Says thanks										
Makes an effort to celebrate my birthday										
Gives me a squeeze or brushes close										
Respects my ideas & opinions										
We do hobbies or adventures together										
Total	W	G	T	P	S	W	G	T	P	S

Results of "Ways to Receive Love"

1. **Husbands**, transfer your totals from the previous page to the FIRST and SECOND columns. Circle the top two scores in each column.
2. **Wives**, transfer your totals from the previous page to the THIRD and FOURTH columns. Circle the top two scores in each column.
3. Transfer the totals from your Spouse's sheet to the other columns. Circle the top two on each.

	What the husband likes	What the husband <i>thinks</i> his wife likes	What the wife Likes	What the wife <i>thinks</i> her husband likes
W= Words of Affirmation				
G = Gifts of Appreciation				
T= Quality Time Together				
P = Physical Touch				
S = Acts of Service				

4. What are the differences between
 - a. What you like and what your spouse likes?
 - b. What you *think* your spouse likes and what they actually reported
 - c. What your spouse *thinks* you like and what you actually reported.
 - d. Discuss the similarities and differences. The idea is to understand each other better.
5. Husbands, tell your wives something you can do you "speak her preferred language" better, especially where it doesn't match yours. Wives then do the same.

Adapted from Gary Chapman's *Five Love Languages*