



# HOW DO YOU LOVE?

YOUR EXPRESSION IN FRIENDSHIPS AND PARTNERSHIPS

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The way we love and need to be loved may not be how others need it. Use this guide to look at your own love, and the ways your friends or partners might love.



**Affirmation:** you feel most loved and connected when you are told how much you matter, how important you are, and how much you are appreciated. Word matter to you.



**Acts of Service:** You feel loved when someone does something for you. Helping make dinner, cleaning up, putting gas in your car. To you, these are the things that matter.



**Quality Time:** You feel most connected to friends and loved ones when you spend time with them, one on one or in large groups for a meaningful events, such as a birthday, party, holiday, etc.



**Physical Touch:** You need a hug, a hand squeeze, or maybe a shoulder rub to know you are loved.



**Gifts:** You feel most loved when you are given a gift. TO you, this is the ultimate expression of "I think about you when I'm not with you".

How do these relate to your love, but also to those that you know? How do they need and give love?

5 Languages of Love

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