

Learn To Communicate With Your Partner

I am creating these lessons in English because I understand that the majority of my clients are proficient in this language. Consider what would happen if I conducted these lessons in Urdu, for instance. In such a scenario, half of my English-speaking clients would not be able to comprehend a single word.

This serves to illustrate an important point: If I want to ensure that you understand me, I must learn to communicate in your language, instead of either speaking in the wrong language or forcing you to learn mine.

The same principle applies to relationships.

Each person has their unique way of expressing, receiving, and experiencing love, known as their love language.

There exist five distinct love languages:

1. Acts of Service
2. Gift Giving
3. Quality Time
4. Words of Affirmation
5. Physical Touch



Act of Service

The love language of Acts of Service can be expressed in various ways. Here are some examples:

1. Preparing meals for your partner
2. Assisting with organising schedules or completing tasks
3. Providing transportation, such as pickups or drop-offs
4. Tidying up the house or cleaning up your partner's personal or professional spaces

Giving Gifts

If Gift Giving is your partner's love language, here are some ways to express your affection:

1. Bringing home flowers unexpectedly after work
2. Picking up a snack they enjoy while running errands
3. Gifting a ticket to a concert or movie they have been excited about
4. Surprising them with gifts on special occasions (e.g., birthdays) or just because, such as perfume, a watch, or clothing
5. Planning surprise events to celebrate milestones or just to show them you care.

Quality Time

For those whose love language is Quality Time, here are some ways to connect with them:

1. Going for a walk together
2. Watching a movie or show together
3. Taking a long drive or road trip together
4. Going out for coffee or a snack where you can converse without distractions
5. Engaging in deep and meaningful conversations to strengthen your bond.

Words Of Affirmation

For those whose love language is Words of Affirmation, here are some ways to show your love:

1. Checking in with your partner and asking if they're okay
2. Complimenting their cooking, actions, and appearance
3. Verbally expressing your appreciation for them

4. Assuring your partner of their importance to you with words
5. Having conversations where you discuss the value and significance of your partnership.

Physical Touch

For those whose love language is Physical Touch, here are some ways to connect with them:

1. Holding hands while walking or sitting together
2. Touching their arm or back while having a conversation
3. Displaying public displays of affection, such as kissing or hugging
4. Cuddling and hugging in the kitchen or when saying goodbye on a daily basis
5. Giving massages or offering physical comfort when they need it.

Assignment 1- Learn What Language to Speak:

Under the "Communication Style" column, list your preferred love language in the order of importance, starting with the one that matters most to you at the top.

Your Copy

Priority Rate	Communication Style
Top of the list **	
Second Best	
Thirst Best	
Forth Best	
Fifth Best	

Your Partner's Copy

Priority Rate	Communication Style
Top of the list **	
Second Best	
Thirst Best	
Forth Best	
Fifth Best	

Assignment 2: Learn how to Speak your Partner's Language:

Now that you know your partner's top two love languages, it's time to define the actions and habits you'll incorporate to express love in their preferred languages.

Your Copy

Your Partners Top 2 Communication Styles	What Habits / Actions / Steps you will Acquire to Adapt to this Style of Communication
	- - -
	- - -

Your Partner's Copy

Your Partners Top 2 Communication Styles	What Habits / Actions / Steps you will Acquire to Adapt to this Style of Communication
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