

Everyday Love Language Practice (Sharing):
How *you* make *me* feel supported, cared for, special, loved

Once a week, for 10ish minutes total (5 minutes apiece), take time to share with each other one of your love languages below. For whichever category you choose, share either a) What they already do in just the right amount that makes you feel supported, cared for, special, or loved; b) What they do that you'd love even more of; or c) What they don't do yet but you'd love if they did. For whichever love language you choose, share a) What it means when they do it, or would mean if they did it but don't do it yet, and b) How it makes you feel, or would make you feel, if they did.

Think SMART:

- Is it Specific?
- Is it Meaningful to me? Why?
- Is it Achievable: Is my partner capable of accomplishing this?
- Is it Realistic: Based on time and resources, can my partner do this for me?
- Is it Time-limited: Can this be done in a relatively short amount of time?

BONUS: Practice offering random love languages with your partner to see what lands with them. You may both be pleasantly surprised at how your partner responds, and you will earn big points with your partner. Some examples: Send a random text to your partner telling them you're thinking about them (words of affirmation); give your partner a random hug and hold it for 10 seconds as you tell them you love them (physical touch + words of affirmation); pick flowers and put them in a vase where your partner will see them with a random sticky note saying you're crazy about them (receiving gifts). Get creative!

Words of affirmation: Spoken praise, appreciation, admiration or love

What you already do in just the right amount that makes me feel supported, cared for, special, loved,

What it means to me when you do it

How it makes me feel

What you do that I'd love even more of:

What it means to me when you do it

How it makes me feel

What you don't do yet but I'd love if you did:

What it would mean to me if you did it
How it would make me feel

Quality time: Giving undivided attention, spending time together

What you already do in just the right amount that makes me feel supported, cared for, special, loved,

What it means to me when you do it

How it makes me feel

What you do that I'd love even more of:

What it means to me when you do it

How it makes me feel

What you don't do yet but I'd love if you did:

What it would mean to me if you did it

How it would make me feel

Receiving gifts: Cards, surprises, special events, gifts

What you already do in just the right amount that makes me feel supported, cared for, special, loved,

What it means to me when you do it

How it makes me feel

What you do that I'd love even more of:

What it means to me when you do it

How it makes me feel

What you don't do yet but I'd love if you did:

What it would mean to me if you did it

How it would make me feel

Acts of service: Helping with chores or errands, making coffee or a meal, etc.

What you already do in just the right amount that makes me feel supported, cared for, special, loved,
What it means to me when you do it
How it makes me feel

What you do that I'd love even more of:
What it means to me when you do it
How it makes me feel

What you don't do yet but I'd love if you did:
What it would mean to me if you did it
How it would make me feel

Physical touch: Holding hands, hugging, kissing, making love

What you already do in just the right amount that makes me feel supported, cared for, special, loved,
What it means to me when you do it
How it makes me feel

What you do that I'd love even more of:
What it means to me when you do it
How it makes me feel

What you don't do yet but I'd love if you did:
What it would mean to me if you did it
How it would make me feel

Other:

What you already do in just the right amount that makes me feel supported, cared for, special, loved,
What it means to me when you do it
How it makes me feel

What you do that I'd love even more of:

What it means to me when you do it

How it makes me feel

What you don't do yet but I'd love if you did:

What it would mean to me if you did it

How it would make me feel