

What Makes You Feel Loved,

What Makes Your Spouse Feel Loved?

Certain actions “speak” love to us. Gary Chapman, in his book [The Five Love Languages](#), addresses the various ways we receive love from another.

Words of Affirmation

Some people gain encouragement and feel loved when they are complimented or affirmed.

Open yourself to recognizing those things your mate does, then tell him/her. Remember, a specific affirmation goes a lot further than a general one. “I appreciate all you do,” doesn’t say the same thing to the one whose “love language” is affirmation as “Thank you for driving the kids to the movie, it really helped me out.”



Quality Time is a subtle love language. You can easily overlook quality time because it doesn’t call attention to itself. It’s spoken when two people spend designated time with each other: going for a walk, sharing coffee, or simply talking each night after the kids go to bed.

If your mate’s love language is quality time, look for ways to carve out time each day. It can be challenging, but in the busyness of life, it is a sure way to say “I love you, and enjoy spending time with you.”

Physical Touch

This language is spoken in simple moments of touch (we’re not talking about sex here). Holding hands, an arm around the shoulders, a hand on the back — all of these communicate “I love you” to a physical-touch person.

So you’re not a “touchy” person but your mate is. That’s even better! The physical contact you initiate even more clearly conveys your love. There will be no doubt when you take your mate’s hand at the mall or give a shoulder massage after a long day at work that you’re speaking the right language.



Receiving of Gifts

The person who speaks the gifts language cares more about the thought than the actual gift. This individual will translate your small but tangible gift to “you were thinking about me,” “you know me well enough to know your action will bring me pleasure.” A favorite treat picked up while shopping for groceries, a flower cut from the garden and hand-delivered, a note written on plain paper are gifts that will speak love to your mate.

Acts of Service

"Show me you love me," is what the person who speaks this language is really saying. Quietly taking over a specific task for your mate communicates love in a loud voice.

Life is busy for all of us; there is always something that needs to be done and when the cumulative effect of all those tasks seems to be on your mate's shoulders, this becomes a great opportunity for you to help and say "I love you." Running back to the store for that forgotten item, starting a load of laundry, picking up the gag gift for the neighborhood party can remind your mate of your love, no matter the season.



Speaking Clearly

Learning your mate's love language and then speaking that language is a good way to take your marriage to another level.

And don't forget: Love languages pertain to all relationships including children, neighbors, and co-workers.