LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

1 — WORDS OF AFFIRMATION

**Actions**
- Spoken words
- Written cards and letters

**Communication**
- Encouraging words
- Compliments
- Affirming spirit

**Avoid**
- Emotionally harsh words
- Undue criticism

2 — QUALITY TIME

**Actions**
- Running errands
- Taking trips
- Doing things together
- Going on walks
- Sitting/talking at home

**Communication**
- Quiet places with no interruptions
- Undivided attention
- One-to-one conversations

**Avoid**
- Too much time with friends or groups
- Isolation
- Gaps of time between meetings

3 — RECEIVING GIFTS

**Actions**
- Giving gifts
- Giving time
- Remembering special occasions
- Giving small tokens

**Communication**
- Private giving of gifts
- Pleasant facial expressions

**Avoid**
- Materialism
- Forgetting special events

4 — ACTS OF SERVICES

**Actions**
- Assisting with house chores
- Ongoing acts of helpfulness
- Exchanging of chores

**Communication**
- Say:
  - “What can I do for you?”
  - “I will stop and get…”
  - “Today, I did…for you.”
  - Making a checklist

**Avoid**
- Forgetting promises
- Over commitment of tasks
- Ignoring

5 — PHYSICAL TOUCH

**Actions**
- Hugs
- Pats
- Touches
- Sitting close

**Communication**
- Pleasant facial expressions
- Mostly non-verbal

**Avoid**
- Physical abuse
- Corporal punishment
- Threats
- Neglect

For more information on healthy relationships visit our website.

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