

UNDERSTANDING YOUR LOVE LANGUAGE

We all express love and feel loved in different ways. **You can think of love languages as 'emotional languages.'**

Just as people from different countries speak different languages to express and understand each other, each person has a unique language to express and understand love.

To form loving relationships, you need to learn your language of love to effectively express your needs and understand your loved one's language of love.

It's like having a secret code that unlocks the deep emotions and connection between you and your loved ones.

In this worksheet, we'll explore the five love languages:

- **Words of Affirmation** - giving/ receiving positive compliments verbally.
- **Quality Time**- spending time with your loved ones without any distractions.
- **Receiving Gifts**- giving/receiving meaningful gifts to/from your loved ones.
- **Acts of Service**- providing/ receiving help to/from your loved one.
- **Physical Touch**- showing/ receiving affection through physical acts of love.



By understanding your primary love language, you can create deeper connections and foster greater understanding in your relationships.

LET'S DIVE IN!

Discover your love language

Take the quiz below to identify your primary love language. Select the statement that resonates most with you and truly reflects your preferences.

What makes you feel loved the most?

- 1. When someone tells you how much they love you.
- 2. When someone spends quality time with you with undivided attention.
- 3. When someone surprises you with gifts.
- 4. When someone assists you with a task to ease your burden.
- 5. When someone touches or hugs you affectionately.



What hurts you the most in your relationships?

- 1. Hurtful comments or criticism.
- 2. Feeling unprioritized and ignored.
- 3. Not receiving any gifts or special gestures.
- 4. Lack of support and help.
- 5. Lack of intimacy or physical affection.



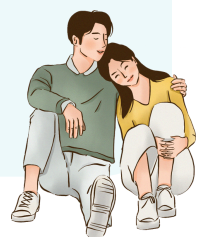
How do you usually express love?

- 1. By giving compliments or saying affectionate words.
- 2. By giving quality time or engaging in meaningful conversations.
- 3. By giving thoughtful gifts.
- 4. By helping your loved ones with acts of service.
- 5. By showing affection physically through hugs, kisses, holding hands, etc.



What makes you feel the most connected to loved ones?

- 1. When they express love and admiration through their words.
- 2. When they prioritise spending quality time with you.
- 3. When they give you meaningful gifts.
- 4. When they help you with your tasks.
- 5. When they show physical affection towards you.



And we're almost there!

Count the number of times you selected each letter in the quiz above. Your primary love language will be the letter that appears most frequently for you.

- 1. Words of Affirmation
- 2. Quality Time
- 3. Receiving Gifts
- 4. Acts of Service
- 5. Physical Touch

Now that you know your primary love language, take a moment to reflect on past experiences related to your love language and understand its impact on your emotions.

Feel free to take a printout of this sheet so you can write about a time when you felt love in the way you wanted to receive it, in the box below.

What is something that you remember distinctly from that memory and cherish?

You could also print and paste a photograph, or represent it by writing the lyrics of a song that reminds you of this memory. Feel free to express in a way that helps you savour this moment.



Remember, you and your loved one may have different love languages. But if you consciously make an effort to express your love to them in their love language and vice versa, you can continue to be two peas in a pod!

Understanding love languages is an important step towards fostering deeper connections and creating fulfilling relationships. **By gaining awareness of your love language and effectively communicating it to your loved ones, you open the door to receiving affection in a way that impacts you positively and deeply.**

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

