

The Infidelity Recovery Institute

Love Languages Exercise: Step 1

List at least twenty activities that make you feel loved. These could be activities that your spouse has done for you in the past; activities that he/she continues to do in the marriage; activities that you have seen or heard other couples do that sound special to you; even activities that you may have seen in a romantic movie that made you say to yourself, "I'd love that." This may even be a wish list of sorts—and the more items on your list, the better. At this point, leave the love language column blank.

Usually the first ten or twelve items come rather quickly. After that it gets a little more difficult to fill in all the blanks. Take your time. Several days might be in order to do this exercise.

<i>Behavior</i>	<i>Love Language</i>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

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Step 2

Assign each of the above behaviors one of the five love languages shown below. Sometimes a behavior can be classified under a couple of different love languages. Choose the way you like it best. Total the number of times each language appears, and put its score in the appropriate blank below.

- _____ Verbal: written or spoken affirmations
- _____ Gifts/tasks: token gifts and jobs that cause you to feel that your spouse was thinking of you
- _____ Nonsexual touch: hand-holding, back rubs, arm around the waist or on the shoulders
- _____ Focused time: just the two of you walking, taking in a movie, dinner out, alone
- _____ Erotic: anything sexual, more than just intercourse

Usually individuals have a primary and a secondary love language. Occasionally, as many as three of the five languages have similar or equal scores. "Whatever profile you have, this is basically how you like to be loved. "When your spouse practices behaviors in the themes of your lower scores, it probably doesn't register with you (except for those specific behaviors you have listed).

Step 3

Predict what you think your spouse's primary and secondary love languages are.

- _____ Verbal
- _____ Gifts/tasks
- _____ Nonsexual touch
- _____ Focused time
- _____ Erotic

Step 4

Reveal your love language(s) uncovered in step 2, as well as discuss together your list of activities. Specifically, question each other on these forms of expression of love. Use such questions as, "How do you like me to do that?" "When are you free to enjoy that most?" "What is the best memory you have of me doing this?" Make personal notations below.

Step 5

One spouse needs to reduce the top ten on your love language lists to a small card about the size of a business card. Laminate it. (Self-adhesive laminating sheets are available at any office supply store.) Carry each other's card in your wallet (or on your cell phone if you're the electronic type). If you are in need of "Brownie points" or just want to demonstrate your affection for your spouse, remember to love the person as he/she wants to be loved. Pull out your card, pick out one or two items on the list, and go to town.