



TIKKUN HABRIET

THE HEALING OF THE COVENANT

The 5 Love Languages Workbook

Print a copy for each participant at your location

For more information: Call 1-847-290-1880 or
visit our website www.tikkunhabriet.org
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THE 5 LOVE LANGUAGES

discover how to love your spouse

| | what is it? | how to express? | after conflict? |
|----------------------|--|---|---|
| Words of Affirmation | verbal compliments that express your love and appreciation | brag to others about your spouse, write love letters | speak words that build security and initiate a sincere apology |
| Acts of Service | any act that eases the burden of responsibility | wash the dishes, pamper your spouse, offer "let me do that for you." | make behavior changes requested through conflict |
| Quality Time | focused and undivided attention spent together | turn off electronics, go for a walk, plan date nights, start a hobby together | make eye contact, active listening with empathy, don't interrupt |
| Giving Gifts | tangible symbols that reflect your thoughtfulness and effort | make birthdays and anniversaries special, surprise them with their favorite treat | give a small token of your love and an apology note |
| Physical Touch | a non-sexual touch that reinforces your presence | long hugs, gentle caressing, kissing, massages, hand holding | hold each other without saying a word, cuddle together in the bed |

*based on The 5 Love Languages, written by Dr. Gary Chapman

Communication Through the Five Love Languages

Words of Affirmation

- Let me express myself without agreeing or punishing
- Let me know about your day
- Tell me about when you feel proud of me and why
- Tell me how you feel, your intimate thoughts
- Tell me when you like the way I look.
- Talk directly to me about your feelings – don't clam up
- Compliment me in front of others
- Tell me I'm doing a good job.
- Tell me something you appreciate about me.
- Say you're sorry.
- Picture something positive about our future together.

Quality Time

- Come home for dinner together
- Plan time to be alone with me
- Focus on what I'm saying – rather than being distracted when I talk
- Read a relationship book with me
- Make weekend plans with me
- Be protective of our time together

Giving / Receiving Gifts

- Flowers
- Small surprise gifts
- Buy me my favorite magazine

Acts of Service

- Groom yourself in preparing for time together
- Do one of my regular household chores
- Do tasks around the home

Nurturing Touch

- Spend more with being affectionate
- Tell me more about what pleases you sexually
- Show me affection that doesn't lead to sex
- Hold me when I'm upset
- Give me a back rub
- Give me a foot massage
- Comb my hair

The Five Love Language Assessment

By Dr. Gary Chapman

Read each pair of statements and put an X in the column that best describes you

| | | A | B | C | D | E |
|----|---|---|---|---|---|---|
| 1 | I like to receive notes of affirmation from you | | | | | |
| | I like it when you hug me | | | | | |
| 2 | I like to spend one-to-one time with you | | | | | |
| | I feel loved when you give practical help to me | | | | | |
| 3 | I like it when you give me gifts | | | | | |
| | I like taking long walks with you | | | | | |
| 4 | I feel loved when you do things to help me | | | | | |
| | I feel loved when you touch me | | | | | |
| 5 | I feel loved when you hold me in your arms | | | | | |
| | I feel loved when I receive a gift from you | | | | | |
| 6 | I like to go places with you | | | | | |
| | I like to hold hands with you | | | | | |
| 7 | Visible symbols of love (gifts) are very important to me | | | | | |
| | I feel loved when you affirm me | | | | | |
| 8 | I like to sit close to you | | | | | |
| | I like for you to tell me I am attractive/handsome | | | | | |
| 9 | I like to spend time with you | | | | | |
| | I like to receive little gifts from you | | | | | |
| 10 | Your words of acceptance are important to me | | | | | |
| | I know you love me when you help me | | | | | |
| 11 | I like to be together when we do things | | | | | |
| | I like the kind words you say to me | | | | | |
| 12 | What you do affects me more than what you say | | | | | |
| | I feel whole when we hug | | | | | |
| 13 | I value your praise and try to avoid your criticism | | | | | |
| | Several inexpensive gifts from you mean more to me than one large gift | | | | | |
| 14 | I feel close when we are talking or doing something together | | | | | |
| | I feel closer to you when you touch me often | | | | | |
| 15 | I like for you to compliment my achievements | | | | | |
| | I know you love me when you do things for me that you don't enjoy doing | | | | | |
| 16 | I like for you to touch me when you walk by | | | | | |
| | I like it when you listen to me sympathetically . | | | | | |

| | | A | B | C | D | E |
|----|---|---|---|---|---|---|
| 16 | I like for you to touch me when you walk by | | | | | |
| | I like it when you listen to me sympathetically . | | | | | |
| 17 | I feel loved when you help me with my jobs around the house | | | | | |
| | I really enjoy receiving gifts from you | | | | | |
| 18 | I like for you to compliment my appearance | | | | | |
| | I feel loved when you take time to understand my feelings | | | | | |
| 19 | I feel secure when you are touching me | | | | | |
| | Your acts of service make me feel loved | | | | | |
| 20 | I appreciate the many things you do for me | | | | | |
| | I like receiving gifts that you make | | | | | |
| 21 | I really enjoy the feeling I get when you give me your undivided attention | | | | | |
| | I really enjoy the feeling I get when you do some act of service for me | | | | | |
| 22 | I feel loved when you celebrate my birthday with a gift | | | | | |
| | I feel loved when you celebrate my birthday with meaningful words (written or spoken) | | | | | |
| 23 | I know you are thinking of me when you give me a gift | | | | | |
| | I feel loved when you help out with my chores | | | | | |
| 24 | I appreciate it when you listen patiently and don't interrupt me | | | | | |
| | I appreciate it when you remember special days with a gift | | | | | |
| 25 | I like to know you are concerned enough to help with my daily tasks | | | | | |
| | I enjoy extended trips with you . | | | | | |
| 26 | Kissing me unexpectedly excites me | | | | | |
| | Giving me a gift for no special occasion excites me | | | | | |
| 27 | I like to be told that you appreciate me | | | | | |
| | I like for you to look at me when you are talking | | | | | |
| 28 | Your gifts are always special to me | | | | | |
| | I feel good when you are touching me | | | | | |
| 29 | I feel loved when you enthusiastically do a task I have requested | | | | | |
| | I feel loved when you tell me how much you appreciate me | | | | | |
| 30 | I need to be touched every day | | | | | |
| | I need your words of affirmation daily | | | | | |
| | Total each column (all 5 columns should equal 30) | | | | | |

Your love language is the highest scoring letter

A = Words of Affirmation B = Quality Time C = Receiving Gifts
D = Acts of Service E = Physical Touch