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LOVE LANGUAGE
WORKBOOK



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WHAT IS YOUR PRIMARY LANGUAGE OF LOVE? WORDS OF APPRECIATION, QUALITY TIME, GIFTS, FAVORS, OR PHYSICAL TOUCH? YOU MAY ALREADY KNOW IT EXACTLY, BUT YOU MAY HAVE NO IDEA. AFTER COMPLETING THE NEXT TEST HERE, YOU WILL KNOW FOR SURE THE ANSWER.

THE TEST CONTAINS 30 PAIRS OF STATEMENTS. FROM EACH PAIR, SELECT THE ONE THAT IS MORE SPECIFIC TO YOU, AND THEN CIRCLE THE APPROPRIATE LETTER IN THE RIGHT-HAND COLUMN. IN SOME CASES, YOU MAY WANT TO CIRCLE BOTH STATEMENTS, BUT STILL CHOOSE ONLY ONE TO MAKE THE TEST RESULT AS ACCURATE AS POSSIBLE.

STATEMENTS OFTEN INCLUDE THE PHRASE "PERSON IMPORTANT TO YOU." WHEN WE THINK OF LOVE AND THE LANGUAGES OF LOVE, MANY PEOPLE FIRST THINK OF ROMANTIC RELATIONSHIPS. HOWEVER, WE ALSO EXPRESS OUR LOVE AND AFFECTION IN MANY OTHER CONTEXTS AND RELATIONSHIPS. WHEN READING THE TEST, THINK CLOSE TO YOU STANDING OR PLAYING AN IMPORTANT ROLE IN YOUR LIFE: FRIENDS, PARENTS, COLLEAGUES, ACQUAINTANCES.

START THE TEST WHEN YOU FEEL RELAXED AND DON'T HAVE TO HURRY. WHEN YOU ARE DONE, COUNT THE NUMBER OF TIMES YOU HAVE CIRCLED THE LETTER, AND THEN READ THE EVALUATION OF THE TEST RESULT.



TEST - LOVE LANGAUGE

1.	I love being recognized	A
	I love to be hugged.	E
2.	I like to be alone with someone who is important to me.	B
	When I get help from someone, I feel like I love them.	D
3.	I love receiving gifts	C
	I like to meet my friends.	D
4.	I feel like someone loves me when they help me with something	D
	Then I feel, that someone loves when you touch it	E
5.	When a friend hugs me, I feel like he loves me	E
	When I get a gift from a friend, I feel like she loves me.	C
6.	I like to do a joint program with my friends.	B
	I like to touch the people who are important to me.	E
7.	Visible symbols of love (gifts) mean a lot to me.	C
	Words of appreciation convey love to me.	A
8.	I like to feel the physical closeness of those who are important to me.	E
	I love being praised for my appearance.	A
9.	I love spending time with my friends and the people who matter to me.	B
	I love receiving gifts from my friends.	C
10.	Words of acceptance are very important to me.	A
11.	If anyone helps me, I know they love me.	D
	I like to participate in joint activities with my friends and people who are important to me.	B
	I love saying nice words to me.	A
12.	What I do is more affected by what I say than what I say.	D
	The embrace expresses togetherness and appreciation for me.	E
13.	I appreciate praise and avoid criticism.	A
	Many smaller gifts mean more to me than a larger one.	C
14.	I feel close to others when we talk or do something together.	B
	I feel closer to my friends if they touch me often.	E
15.	I love being praised for something I have done or achieved.	A
	If someone does something they don't like for me, I know they love it.	D

TEST – LOVE LANGAUGE

16.	I love being touched by my friends and people close to me.	E
	I love it when someone listens with genuine interest to what I'm saying.	B
17.	When someone helps me complete a task, I feel like I love it.	D
	I am very happy to receive a gift.	C
18.	I love being praised for my appearance.	A
	If someone takes the time to understand my feelings, I feel like they love me.	B
19.	I feel safe when touched by someone important to me.	E
	The favors express love to me.	D
20.	I appreciate it when someone does something for me.	D
	I love receiving a gift that someone makes for me with their own hands.	C
21.	I feel very good when someone turns their full attention to me.	B
	I feel very good when someone does me a favor	D
22.	When someone gives a present on my birthday, I feel like I love it.	C
	When someone greets me with personal words on my birthday, I feel that they love me.	A
23.	When I get a gift from someone, I know you think of me	C
	When someone helps me with my tasks, I feel loved.	D
24.	I appreciate it if someone listens patiently and doesn't interrupt	B
	I appreciate it when someone remembers the special with a gift days.	C
25.	I like when the people who matter to me care about that help me do my job.	D
	I love long trips with my friends.	B
26.	I love to hug and kiss my friends and I'm glad they are too they hug and kiss.	E
	I am glad to be surprised by a gift for no particular reason.	C
27.	I like someone to express their appreciation.	A
	My Love is when the one I talk to looks at me.	B
28.	I attach great importance to the gifts which a i get it from my friends.	C
	It feels good to be touched by a friend or someone I love.	E

TEST – LOVE LANGAUGE

29.	When someone is happy to fulfill my request, I feel like I love it	D
	When someone tells me they appreciate me, I feel like they love me.	A
30.	I need to be touched every day.	E
	I need to be praised every day.	A

RESULT

A = WORDS OF APPRECIATION

B = QUALITY TIME

C = GIFT

D = FAVORS

E = BODY TOUCH



The highest number next to the letter of the language of love (this number is a maximum of twelve for each language) is your primary language of love. If this number occurs twice, you are bilingual, meaning you have two primary languages of love. And if a number close to the highest score is included in the final score, it means that you also have a secondary language of love that is also important to you.

Your spouse may have unknowingly expressed their love for each other in a "foreign language." In such cases, the message often fails to reach its destination, which can be frustrating for both parties. We understand and care for each other.

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FIRST LANGUAGE OF LOVE: WORDS OF APPRECIATION (A)

One of our greatest human desires is to be recognized and valued. So one way to express love is through words of appreciation. Praise, words of encouragement, and requests strengthen self-esteem much more than demands. They create an intimate atmosphere, heal wounds, and get the best out of spouses. Imagine saying words of praise to your spouse instead of our grudges and criticisms! Let's "wrap" a critique in a minimum of 6-7 praises! Another way of recognition is encouragement. Many times only external reinforcement is lacking to unleash our dormant talent.

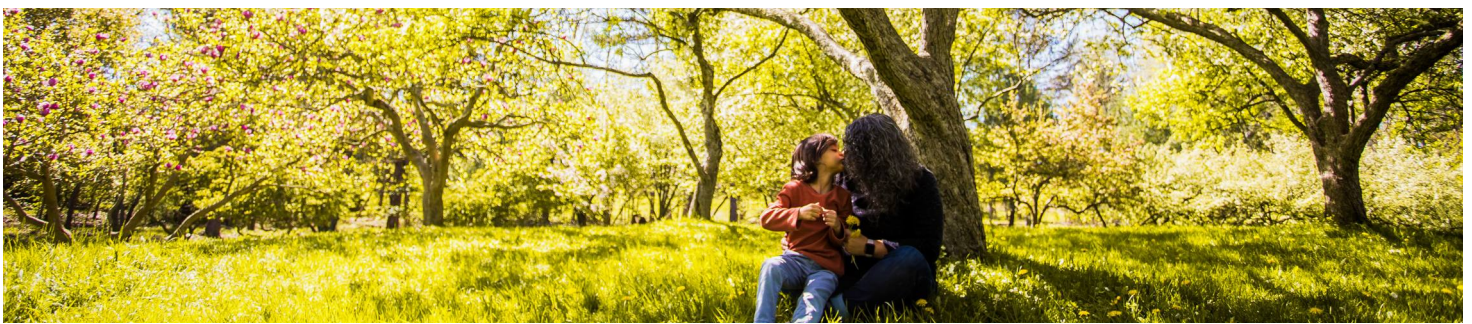
1. Set aside an evening for your spouse to share your dreams, desires, and ambitions with us. If we listen carefully, its innermost secrets can be revealed to us. Let us try to empathize with his situation and sincerely and lovingly encourage him in his endeavors. What specific help can we provide to achieve your goals?
2. We value our communication habits and style. Do we turn to our partner with requests, suggestions, and guidance, or do we demand a demand, an ultimatum, or even a threat? Remember, love is fundamentally characterized by choice, free will, and voluntary service. How we should change the style of our communications.



SECOND LANGUAGE OF LOVE: QUALITY TIME (B)

We've probably met the type of "model husband" who does all the housework possible. Yet the wife is dissatisfied with her if the language of love is quality time, togetherness. Coexistence should not be confused with physical presence. In coexistence, the other should be given undivided attention (e.g., eye contact) by expressing that only my partner is important. You can't make a connection while watching TV or reading a newspaper. Quality time can be a conversation where we share our inner reality with our spouse without fear of being rejected by the other. Another option is joint activity. Secondary to what we do is more important to make both parties aware that spending time together is an expression of love.

1. "It takes up my profession too much" - many people use this pretext to deprive their spouses of time together. Yet success and financial care cannot replace an intimate relationship. Make a plan with your spouse that includes time in addition to responsibilities - at the cost of sacrifices if needed.
2. Determine the importance of joint activities in our marriage. Let's choose three experiences that have brought us closer together and live in us as a lasting experience. What role did "quality time" play in these experiences? Let's discuss what kind of shared experience we are planning in the near future, which over time can be classified as our fond memories.



THIRD LANGUAGE OF LOVE: GIVING (C)

Gift-giving is a symbol of thinking about another, a visible sign of love. Some have visible signs are more important than others. They are the ones who, for example, particularly insist on wearing a wedding ring. If your partner's language of love is gifting, always keep in mind that he or she doubts our love without visible signs, so we often surprise him or her! The value of the gift is secondary, the essence is symbolic

1. The value of a gift is given by the underlying intent. If we do not consider a gift to be particularly valuable, think of the intention of the giver and see in the gift a sign of his love and attentiveness
2. Remember, bestowal on ourselves means more than a mere physical presence. Let's try to share with our spouse at least one important event or feeling of our day for a week, and ask him or her to do the same.



FOURTH LANGUAGE OF LOVE: FAVORS (D)

If the wife hears from her husband, “I know you love me because everything around me is always clean and normal, you cook, smile, you iron me,” then it is conceivable that favors are her language of love. All of these activities can be thought of as a small service that requires planning, time, and effort. Jesus set a simple but very effective example of ministry: he washed the feet of his disciples. Keep in mind that welcome services cannot be enforced, we can only give and accept each other’s services

1. Even if we fulfill our spouse’s requests, we often do so in our own way, in our own way. Service out of love means taking into account the expectations of our spouse. Ask your partner for detailed instructions on how to fulfill your request and act accordingly.
2. Choose three tasks that will make your partner happy, and surprise him or her by doing it without asking.



FIFTH LANGUAGE OF LOVE: PHYSICAL TOUCH (E)

Experience has shown that children who have been hugged a lot in their infancy are much healthier. Our body needs tenderness. Everything we are resides in our bodies, so whoever touches our bodies touches us. In social life, there is a strict system of deceptive touches (e.g., handshakes), but within marriage, the spouses decide what is allowed. The basic rule is that expressing tenderness should not cause physical pain, it should be a statement made in the language of love of our touch and partner

1. Maybe we've never talked openly with our spouse about what touches we find pleasant. Let's talk to each other about the emotional, sexual, and psychological implications of touch at different points in our bodies.
2. Consider the circumstances, places, and modes of contact that may have a beneficial effect on our physical relationship. For example, to what extent and nature do we want physical touch when we get home after work? If our needs are different, look for a compromise solution that both favor each other.



RECOGNIZING OUR OWN LANGUAGE OF LOVE

In a marital relationship, all five languages of love are needed, but different from individual to individual extent. Based on the brief description, we may have recognized our own “spoken” language of love, but if this is not the case, answering the following questions may help you determine:

What do we ask our spouse especially often?

What makes us feel loved?

What about the behavior of our hurting spouse?

How do we express our love to our partner?

After answering the questions, we may discover two languages of love within ourselves, giving our partner more opportunities to express their love. And finally, an important point: we can't force the love of our spouse. While demand raises barriers, every request and word of encouragement shows the way to true love. Let's learn our spouse's language of love at a “native level”

Gary Chapman: Attuned to each other

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THANK YOU FOR COMPLETING THE WORKBOOK, HELPING YOU TO FIND YOUR OWN LOVE LANGUAGE.

I HOPE YOU FOUND IT USEFUL. FOR MORE SIMILAR CONTENT AND WORKBOOKS, PLEASE CHECK MY WEBSITE:

[HTTPS://WWW.ALLISONSMETHOD.COM/FREE](https://www.allisonsmethod.com/free)

IF YOU FEEL THAT YOU NEED PROFESSIONAL HELP WITH ANY OF THE SECTIONS, PLEASE CONTACT ME FOR A CONSULTATION.

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