# HOW TO SPEAK YOUR SPOUSE'S (CONTROLLANGUAGE)



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LA	NG	U	AG	E?

## HOW TO COMMUNICATE

## ACTIONS TO TAKE

# THINGS TO AVOID



Encourage, affirm, appreciate, empathize. Listen actively.

Send an unexpected note, text, or card. Encourage genuinely and often.

Non-constructive criticism, not recognizing or appreciating effort.



TOUCH

Non-verbal - use body language and touch to emphasize love.

Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.

Physical neglect, long stints without intimacy, receiving affection coldly.



Thoughtfulness, make your spouse a priority. speak purposefully.

Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.

Forgetting special occasions. unenthusiastic gift receiving.



Uninterrupted and focused conversations. One-on-one time is critical.

Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.

Distractions when spending time together, Long stints without one-on-one time.



Use action phrases like "I'll help...". They want to know you're with them. partnered with them.

Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.

Making the requests of others a higher priority, lacking follow-through on tasks big and small.

GRAPHIC BY FIERCEMARRIAGE.COM BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

# **Five Love Languages Exercise**

**Gary Chapman** 

**Five Love Languages Exercise:** 

#### Five Love Languages Exercise Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Five Love Languages Exercise**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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