# HOW TO SPEAK YOUR SPOUSE'S (CONTROLLANGUAGE)



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## 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.



PHYSICAL 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.



RECEIVING GIFTS

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.

ACTS OF SERVICE

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**

**Rachel S Tattersall** 

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