

# Quality Time

This love language is all about giving your undivided attention, without distractions or other outside interference. They have a strong desire to actively spend time with their significant other.

- Sharing a meal
- Having a nice conversation
- Going on a date
- Being present with your partner

## Thrive Counseling Services

What's your love language?



## Physical Touch

People who communicate their appreciation through physical touch, feel appreciated when they are hugged, kissed, or cuddled. They value the feeling of warmth and comfort that comes with physical touch.

- Holding hands
- Spending intimate time together
- Cuddling
- Other affectionate touching

## Words of Affirmation

This love language is all about written and spoken displays of affection. These expressions make them feel understood and appreciated.

- Stating your feelings (e.g. "I love you")
- Giving encouragement
- Giving compliments
- Sharing positive thoughts

## Receiving Gifts

People whose love language is this enjoy being gifted something that is both physical and meaningful. The key is to give meaningful things that matter to them and reflect their values, not necessarily yours.

- Giving a present
- Buying flowers
- Creating something for your partner
- Other thoughtful surprises

## Acts of Service

This love language is for people who believe that actions speak louder than words. They like to be shown how they're appreciated.

- Completing chores
- Make your significant other's favorite dinner
- Tidy away any clutter in the house
- Other tasks that benefit the couple