

5 Love Languages Cheatsheet

WORDS OF AFFIRMATION

- ☐ Think of a new compliment each day. Try not to repeat yourself.
- ☐ Ask questions about your spouse's day and tell them when they did something impressive.
- ☐ Compliment how they parent or interact with the kids.
- ☐ Say something that lets them know you still find them attractive.
- ☐ Look for areas where your spouse feels uncomfortable or insecure and reassure them.

PHYSICAL TOUCH

- ☐ Remember to hug/kiss your spouse last thing before you leave and first thing when you come in.
- ☐ Give them a hug, pat, or rub their shoulders any time you notice a negative emotion or if your spouse is sad or stressed.
- ☐ Hold your spouse's hand in the movies/car/any other time you're sitting next to each other.
- ☐ Offer to give your spouse a back or foot rub if they've had a long day.
- ☐ Make sure you respond to your spouse if they reach out for physical contact. A physical rejection is more painful for someone with physical touch as their primary love language.

ACTS OF SERVICE

- ☐ Ask your spouse what their least favorite household task is and regularly do it for them.
- ☐ Offer to fill your spouse's car up with gas and surprise them by getting it washed and/or detailed.
- ☐ Clean up and organize one of the "messy areas" of your house.
- ☐ Offer to bathe/feed/entertain the kids while your spouse gets some time to relax.
- ☐ If there's something your spouse often asks you to do, try to do it before they even ask.

GIFTS

- ☐ Hide a little love note (even a sentence on a sticky note) in the bag they take to work.
- ☐ Bring home their favorite snack or take away treat and have it waiting for them.
- ☐ If you go out of town, bring them something from the place you visited.
- ☐ Take a selfie with them next time you're out, then print/frame it and leave it on their desk.
- ☐ Set up notifications on your computer (Google and Amazon both do this) for when their favorite author, band, or public figure puts out a book/song/whatever. When you get an alert, go out and get it for them before they have the chance.

QUALITY TIME

- ☐ Get their favorite take away and eat it in some spot that's significant to your relationship.
- ☐ Take them on a surprise adventure (hike, boat ride, scenic walk, etc.) with no phones allowed.
- ☐ Set up a picnic in your backyard or a comfy (kid free) location in your house.
- ☐ Line up a babysitter/childcare without telling them and take them on a surprise date.
- ☐ Set aside 5-10 kid-free, work-free, phone-free minutes before bed each night to actually ask them about their day (and to listen to the answers).

Tools and support for the marker-stained, under-slept, soul-hungry mom.

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