

LOVE LANGUAGE DISCOVERY TOOL

Learn How To
Communicate With Your Partner
& Receive More Love!



By Anja Dittmeier



Founder of kAleidoscope Coaching & Counseling

LOVE LANGUAGE DISCOVERY

Sit down with your partner and fill in the sheet individually and share with each other afterwards by telling your spouse what you have discovered what your Love Language needs are!

1) WORDS OF AFFIRMATION

An appreciation and a spoken or written **Affirmation** means to me:

Rate the importance of words of **Affirmation** for yourself [0 = is not important to me at all to 10 = this is love for me]

An Act of **Words of Affirmation** has an importance for me of:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

2) PHYSICAL TOUCH

Physical Touch and Connection means to me:

Rate the importance of **Physical Touch and Connection** for yourself [0 = is not important to me at all to 10 = this is love for me]

An act of **Physical Touch and Connection** has an importance for me of:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

3) ACTS OF SERVICE

An **Act of Service** means to me:

Rate the importance of an **Act of Service** for yourself [0 = is not important to me at all to 10 = this is love for me]

An **Act of Service** has an importance to me of:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

4) GIFT GIVING

An **Act of Gift Giving** means to me:

Rate the importance of an **Act of Gift Giving** for yourself [0 = is not important to me at all to 10 = this is love for me]

An **Act of Gift Giving** has an importance for me of:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

5) QUALITY TIME

To have **Quality Time** together means to me:

Rate the importance of quality time for yourself [0 = is not important to me at all to 10 = this is love for me]

Having **Quality Time** together has an importance for me of:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Now, share with your partner what you have reflected about your Love Language.

Share, what is your highest priority in Love...

Share, how does your ranking of the Love Language look like... And watch this video

<https://vimeo.com/39484374> together to get a visual about the **5 Love Languages**.

Do you need help communicating better in your relationship?

Schedule a 30-min. free Love Language Assessment with me. [CLICK HERE](#)



Anja Dittmeier is Founder of kAleidoscope Coaching & Counseling. Anja coaches and provides counseling for her clients in German and English.

She graduated with an M.A. in education, psychology and theology, and works with her clients on the question why some people's careers flourish while others are not able to overcome obstacles with the same ease. How did we become who we are? Anja Dittmeier is specialized in interpersonal relationships and studied the causes and underlying mechanisms of it.

[Information on Anja Dittmeier's comprehensive education.](#)

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