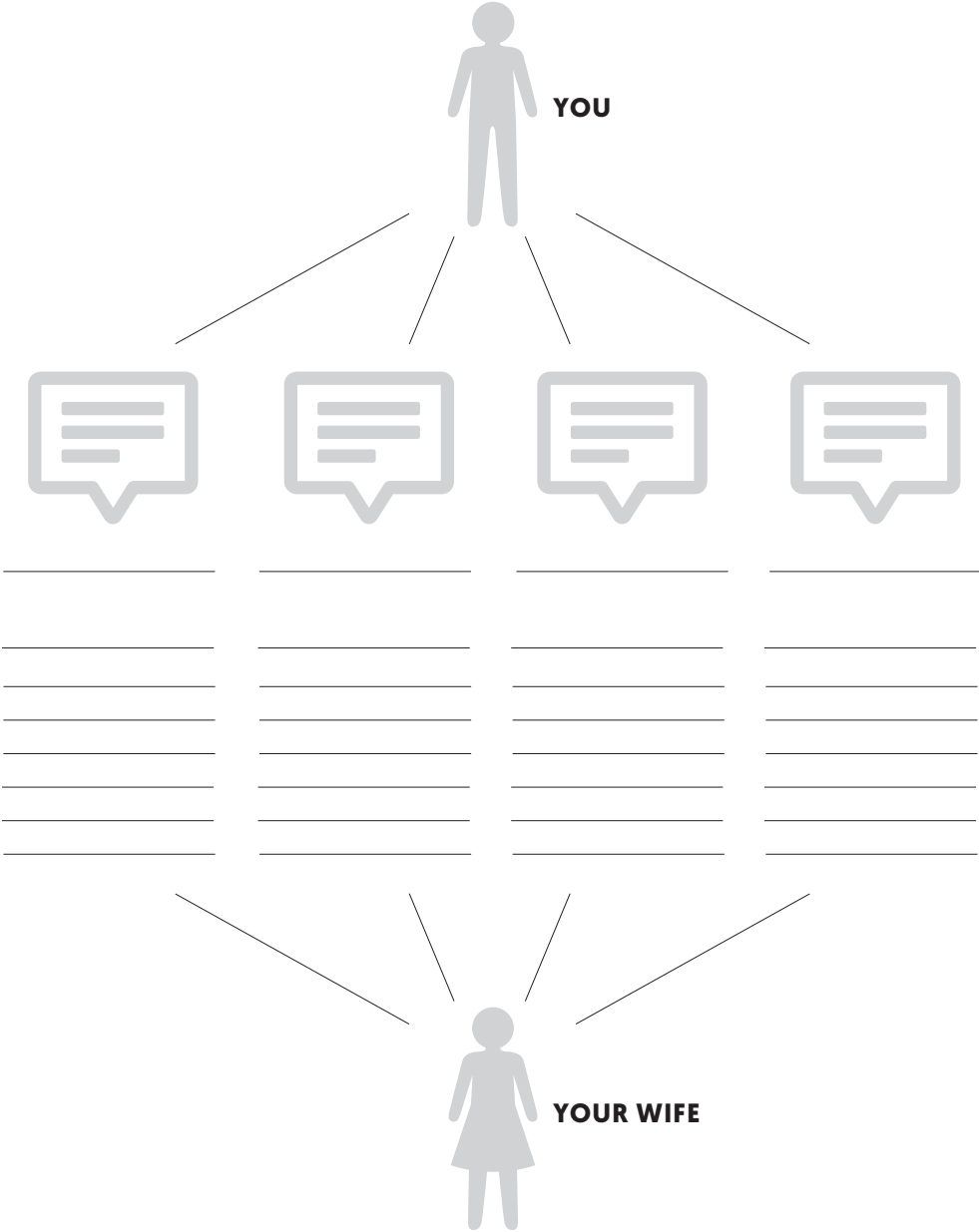


# TAKE IT HOME

In addition to praising your wife directly, one of the most powerful ways to use words of affirmation is to praise your wife to others, especially her friends and acquaintances. As a result, they may pass that praise back to her! To get in the habit of praising her to others, write down the names of four people and specific compliments you can share with them about your wife.



# TAKE IT HOME

Where does the time go? It's a question everyone would do well to answer. But for the husband of someone whose primary love language is quality time, understanding how you use the twenty-four hours allotted to you every day is absolutely essential.

The pie chart below represents a typical day—twenty-four hours' worth of time. Your assignment is to fill in, as accurately as possible, how you allot that time, using categories such as sleep, work (including commute), eating, exercise, screen time (including social media, TV, online browsing, and video games), hobbies and pastimes, chores, family obligations (such as soccer games or dance recitals), church, community service, and, of course, alone time with your wife.

Your goal here is to reflect an average day as it is, not as you would like it to be. Be as accurate as possible in your allotment of time.



# WHERE CAN THE TIME GO?

The pie chart below reflects a *potential* day—an allotment of twenty-four hours designed to maximize your quality time with your wife. In what areas can you cut back to devote more time to her? Let this pie chart reflect your cuts and your new priorities.



In the space below, write some specific ideas for adjusting your daily schedule to open up more time to spend with your wife. In some cases, it might mean cutting back in some areas—say, screen time—and using the time saved to devote to your wife, perhaps in the form of an evening walk. In other cases, it might mean finding ways to include your wife in certain activities. For example, you might start exercising or cooking meals together. With a little creativity and sacrifice, you can find a surprising number of ways to spend more quality time with your wife.

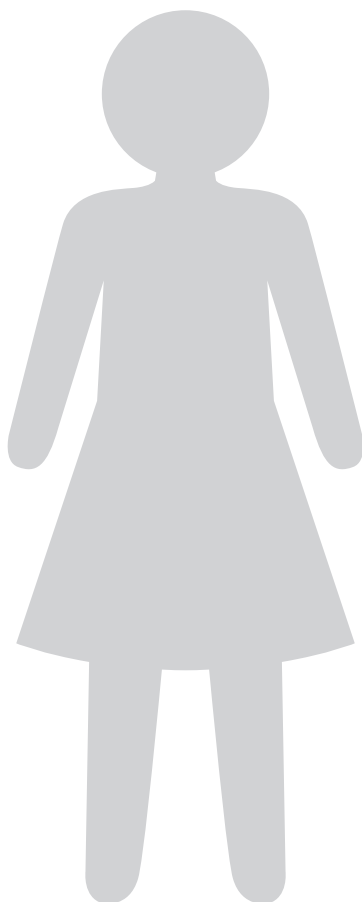
# HOW MUCH WOULD IT MEAN? (TWO PERSPECTIVES)

Below you'll find a list of acts of service. Rate each one on a scale of one to ten, based on how meaningful you think it would be to your wife, with one being "not meaningful at all" and ten being "extremely meaningful." We've left two slots blank for you to fill in with ideas that are specific to your relationship. After you've rated all of them, ask your wife to do the same. Compare your numbers and talk about areas where there are notable discrepancies.

ACT OF SERVICE	YOU	WIFE
Washing and vacuuming her car once a month		
Making dinner twice a week		
Vacuuming your floors		
Doing laundry		
Washing, drying, and putting away dishes		
Mowing and edging the lawn, trimming the bushes		
Cleaning out your garage		
Shopping for groceries		
Dealing with paperwork		
Repairing a broken item in your house		
Taking on childcare responsibilities		

# TAKE IT HOME

On the outline below, draw arrows to various body parts and write ideas for using that body part to speak the love language of physical touch to your wife. Some ideas are obvious: holding her hand, kissing her lips, massaging her shoulders. See how many less-than-obvious ideas you can come up with, involving body parts that are often overlooked. For example, brushing your wife's hair or clasping her elbow as you walk into church may fill her love tank more quickly than you expect.



# TAKE IT HOME

One of the best ways to limit the destructive power of anger in your life is to understand what tends to make you angry and why. Next to the thermometer below, list some things that commonly stir your anger. Place each one at the appropriate spot on the thermometer to indicate just how “hot” it makes you. At the bottom you might list minor annoyances such as slow drivers in the left lane or Green Bay Packers fans. At the top, you’ll list things that make you lose control, which might include being lied to. Next to each item on your list, make a quick note about why it makes you angry.

