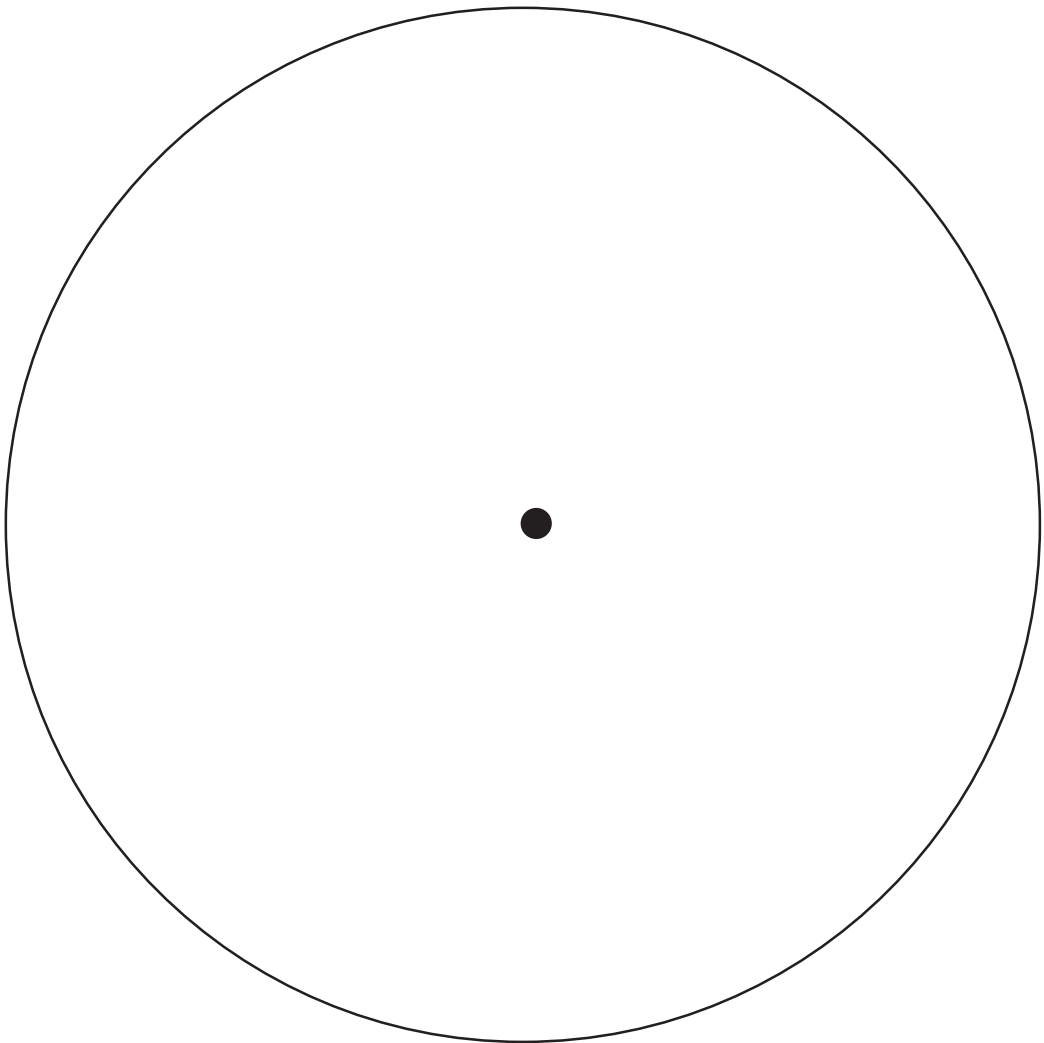
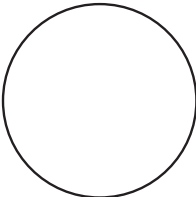


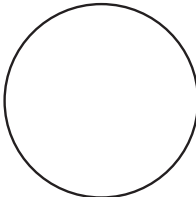
Think about the loving people in your life. In the circle below, the dot at the center represents you. Draw and label Xs around the circle to represent the people who pray for you and offer you encouragement, support, hope, and motivation. The closer the Xs are to you in the circle, the closer those people are to you in your daily life. When you're finished, use the chart during your prayer time to thank God for the people He's surrounded you with.



For the three circles on the bottom row, write the names of your significant other and/or friends with whom you have a close relationship. Draw a line from yourself to each one and then write how your relationship with your parents can be seen in each of your other relationships. For example, if there was insecurity in your relationship with your father, you may have trouble trusting your friends.



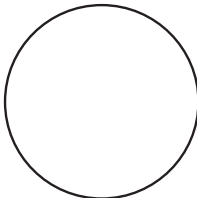
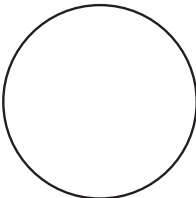
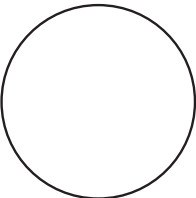
FATHER



MOTHER

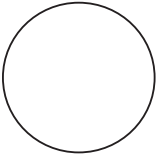


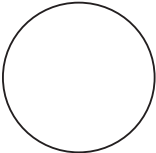
YOU

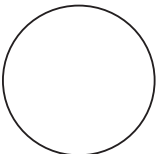


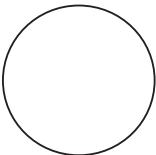
TAKE IT HOME

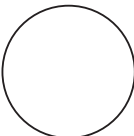
One of the most powerful ways to use words of affirmation is to praise someone behind his or her back—preferably to people who will then pass that praise back to him or her. On the diagram below, write the names of four people you know who can be counted on to pass words of praise back to the person being praised. Under each person's name, write one specific comment you can share with that person (about someone else whom they know).











THE PERSON YOU WANT TO PRAISE

HOW MUCH WOULD IT MEAN?

One of the best ways to discover which acts of service would be most meaningful to the people around you is to ask. Below you'll find a list of acts of service. (Fill in the two blank slots with ideas of your own.) Show the list to a couple of your friends, family members, or coworkers—people you would like to help. Ask each person to rate each act of service on a scale of one to ten, based on how meaningful it would be to him or her (with one being “not meaningful at all” and ten being “extremely meaningful”).

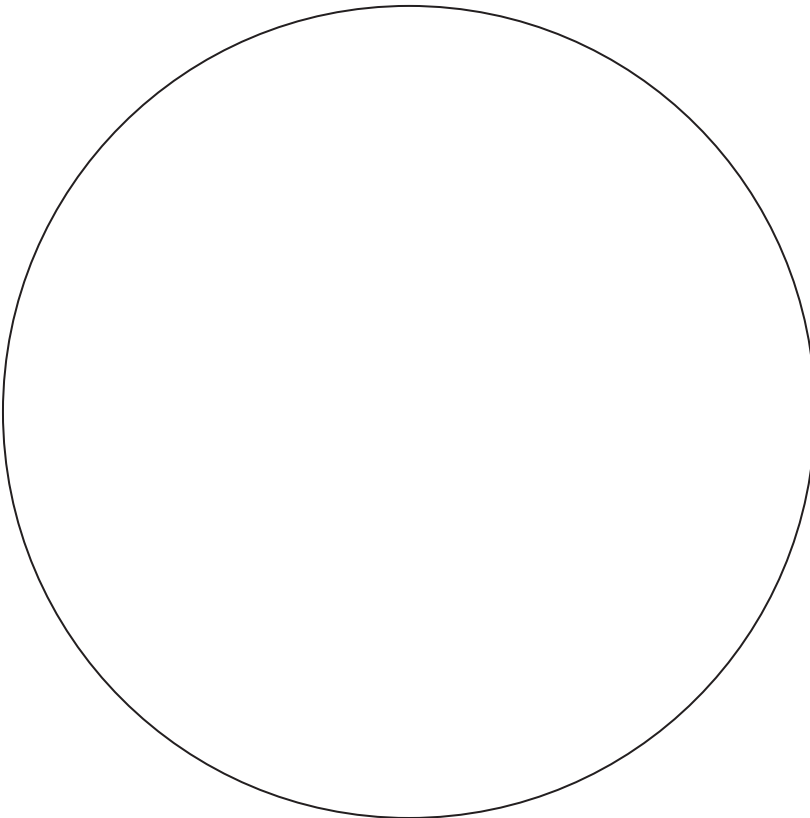
ACT OF SERVICE	PERSON 1	PERSON 2
Washing and vacuuming his or her car		
Making dinner once a week		
Vacuuming		
Doing laundry		
Tutoring his or her kids		
Mowing the lawn		
Cleaning out his or her garage		
Shopping for groceries once a week		
Running errands		
Repairing a broken item in his or her house		
Taking on childcare responsibilities		

TAKE IT HOME

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

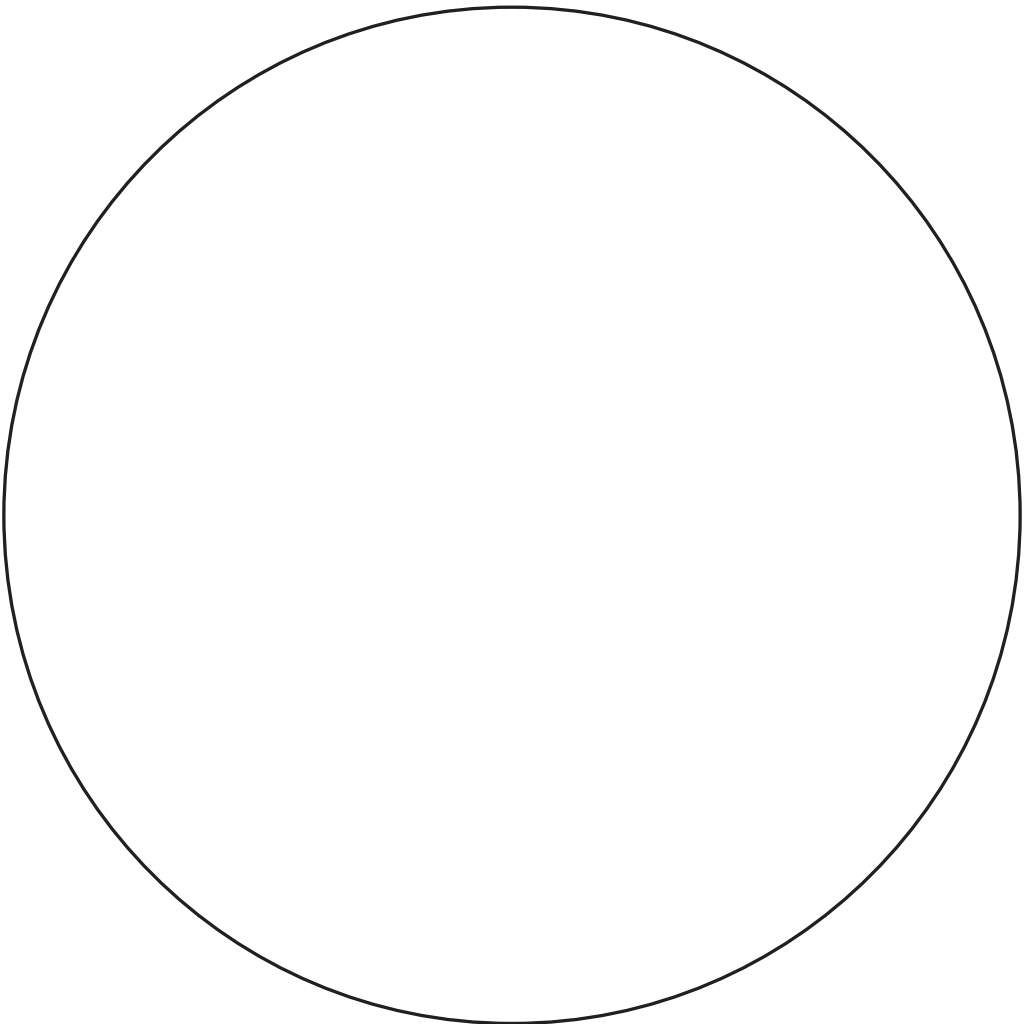
The pie chart below represents a typical day—twenty-four hours' worth of time. Your assignment is to fill in, as accurately as possible, how you allot that time, using categories such as sleep, work (including commute), eating, exercise, screen time (including social media, television, online browsing,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

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 the people in your life. In what areas can you cut back so that you can devote more time to them? Let this pie chart reflect your cuts and your new priorities.



TAKE IT HOME

In the chart below, list the names of your immediate family members—your mother, father, and siblings. Next to each one, write your best guess as to that person’s primary love language, along with a reason or two to support your guess.

FAMILY MEMBER	PRIMARY LOVE LANGUAGE (BEST GUESS)	REASON(S)

GET CLOSER

Write the names of your immediate family members in the chart below. Then use stick figures to indicate how close you are to each one of them. For example, if you and your mom are best friends, you'll draw two figures right next to each other on that line. If you and your brother have a lot of conflict in your relationship, you might draw two figures on opposite sides of the page on that line. For each person, write down one idea for growing closer by learning to speak his or her primary love language.

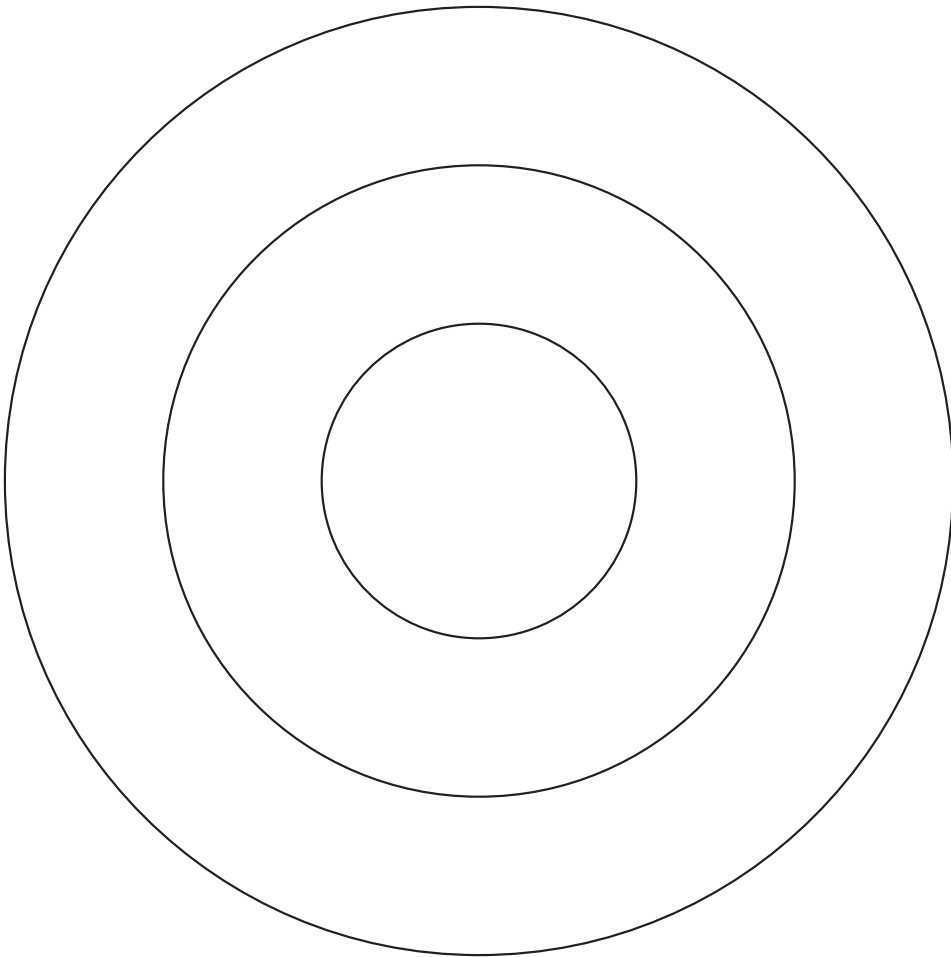
THE FOUNDATION FOR MARRIAGE

Dr. Chapman writes, “**No house should be built without a suitable foundation. Likewise, no marriage should be initiated until the couple has explored their foundation.**” What do you think the foundation of marriage should include? On the building blocks below, write the things you believe must be present in a relationship before a couple considers marriage.

The diagram shows a brick wall structure composed of 14 empty rectangular blocks with rounded corners, arranged in four rows. The top row has two blocks, the second row has three blocks, the third row has two blocks, and the bottom row has three blocks.

TAKE IT HOME

Who are the people in your orbit? Use the chart below to identify the men and women whose lives you can touch by using the five love languages. Start with the people who are closest to you. In the inner circle, write the names of those who are nearest and dearest to your heart. In the next circle, write the names of people you see every day but may not be especially close to—coworkers, roommates, classmates. In the outer circle, write the names of casual acquaintances, people you see occasionally but whose lives you can still touch.



TAKE IT HOME

One of the easiest ways to discover a child's primary love language is to pay attention to his or her preferences. Think of a specific child in your life (your own child if you are a parent). For each love language below, mark an X on the line to indicate how much of an impact those actions seem to have on this child. Based on your observations, does it seem to make him or her feel loved and appreciated? In the space below each line, write a brief explanation of your answer.

WORDS OF AFFIRMATION

Saying, "I love you" or "I'm proud of you"; offering sincere compliments, encouragement, and support

Not Loved at All

Extremely Loved

QUALITY TIME

Working on a project together, running errands together, doing chores together, having one-on-one conversations

Not Loved at All

Extremely Loved

ACTS OF SERVICE

Helping with homework, volunteering together, preparing the child's lunch every morning, helping the child practice something important

Not Loved at All

Extremely Loved

GIFTS

Giving small, inexpensive but meaningful presents; finding just the right gift for special occasions

Not Loved at All

Extremely Loved

PHYSICAL TOUCH

Hugs, kisses, cuddling, high fives, playful wrestling

Not Loved at All

Extremely Loved

A KID'S PERSPECTIVE

If possible, ask this special child in your life to fill out the same sheet. Compare your answers and talk about any differences you see.

WORDS OF AFFIRMATION

Hearing "I love you" or "I'm proud of you"; receiving sincere compliments, encouragement, and support

Not Loved at All

Extremely Loved

QUALITY TIME

Working on a project together, running errands together, doing chores together, having one-on-one conversations

Not Loved at All

Extremely Loved

ACTS OF SERVICE

When someone helps me with homework, volunteers at an event with me, prepares my lunch every morning, helps me practice something important

Not Loved at All

Extremely Loved

GIFTS

Receiving small, inexpensive but meaningful presents; being given just the right gift for a special occasion

Not Loved at All

Extremely Loved

PHYSICAL TOUCH

Hugs, kisses, cuddling, high fives, playful wrestling

Not Loved at All

Extremely Loved

LOVING—EVEN WHEN IT’S DIFFICULT

Dr. Chapman acknowledges that showing love to others—especially people who don’t love us—can be difficult. It requires no small amount of sacrifice on our part. Yet God uses our sacrifice to effect powerful changes—not only in the lives of the people we love but in our own lives as well. For each of the following people, describe the challenge of showing love to that person and then offer some ideas for overcoming the challenge.

A family member who, politically speaking, represents everything you oppose

The Challenge

Ideas for Overcoming the Challenge

The parent of a child who’s been bullying your child

The Challenge

Ideas for Overcoming the Challenge

A mentally ill neighbor

The Challenge

Ideas for Overcoming the Challenge

An ultra-competitive coworker

The Challenge

Ideas for Overcoming the Challenge