

Review your list of primary relationships. Do you know each person's go-to love language? Fill in the chart on the next page to help you. In the left column, write the names of your closest people—your tribe. In each row, place a ✓ or an X in the box that matches their primary love language. Then write any brief notes that capture what you've learned about that person, evidence of their specific love language, or strategies you'd like to try.

