

25 Ways to Speak Your Spouse's Love Language

Utah Marriage Commission

09/04/2023



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Do you know your primary love language? Did you know your spouse's primary love language is probably different than yours? We love to be loved, but we all want to be loved in different ways.

Knowing your spouse's love language is vital to a deeper connection and happier relationship. If you haven't taken Gary Chapman's 5 love languages test, you can [take it here!](#)

Here 25 ways you can speak your spouse's love language, whatever it may be!

Words of Affirmation

- 1- Tell your partner you are attracted to them
- 2- Tell them what you admire about them
- 3- Express gratitude to them
- 4- Write them a love letter

- 5- Leave them a "love voicemail"

Quality Time

- 6- Put the screens away and give them undivided attention
- 7- Go on a walk or drive
- 8- Plan a special date night
- 9- Ask them about their day
- 10- Pillow talk

Receiving Gifts

- 11- Surprise them with a gift, "just because"
- 12- Keep a list of things they mention they like or want
- 13- Stalk their Pinterest boards and buy one of their coveted pins
- 14- Bring home a small, thoughtful gift from work trips
- 15- Give **personalized** gifts instead of chocolate and flowers

Acts of Service

- 16- Unexpectedly take something off of their plate (do something they normally do, for them)
- 17- Do housework without being asked
- 18- Ask them how you can help
- 19- Notice when they seem stressed about a task, and offer to do instead while they relax on the couch
- 20- Run errands without being asked

Physical Touch

- 21- Show them affection in public
- 22- Make time for sex
- 23- Give them a shoulder rub
- 24- Comb through their hair
- 25- Cuddle before you go to bed