Which Love Language	How to Communicate	Actions to Take	Things to Avoid
Words of Affirmation	Appreciate, Encourage, Empathize, Actively Listen.	Send an unexpected note of love and encouragement.	Not appreciating efforts made.
Physical Touch	Show love with body language and touch.	Hold hands, hug, kiss, show affection.	Physical neglect, avoiding intimacy.
Receiving Gifts	Speak with purpose, make your spouse a priority.	Give thoughtful gifts and gestures. Show appreciation for gifts received.	Forgetting special occasions, not receiving gifts with appreciation.
Quality Time	Focused quality time and conversations.	Take walks, go for weekend getaways, arrange for one-on-one time.	Distraction during one-on-one time.
Acts of Service	Show love with small actions every day.	Help with chores and daily workload. Make breakfast in bed.	Lacking follow-through on tasks. Not making your partner a priority.