

LOVE LANGUAGE	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p><b>WORDS OF AFFIRMATION</b></p>	<p>ENCOURAGE. AFFIRM. APPRECIATE. EMPATHIZE. COMPLIMENT. LISTEN ACTIVELY</p>	<p>SAY I LOVE YOU. WRITE NOTES SAYING YOU ARE PROUD OF THEM. PRAISE THEM IN FRONT OF OTHERS. BE SPECIFIC IN YOUR PRAISE</p>	<p>NON-CONSTRUCTIVE CRITICISM. NOT RECOGNISING OR APPRECIATING EFFORT.</p>
 <p><b>PHYSICAL TOUCH</b></p>	<p>NON-VERBAL - USE BODY LANGUAGE &amp; TOUCH TO EMPHASIZE LOVE.</p>	<p>HOLD HANDS, GIVE HUGS, PATS ON THE BACK. READ STORIES TOGETHER. GIVE FAMILY GROUP HUGS</p>	<p>PHYSICAL NEGLECT. PHYSICAL DISCIPLINE, REFUSING AFFECTION.</p>
 <p><b>GIFTS</b></p>	<p>GIFTS &amp; GESTURES SHOW THAT YOU ARE KNOWN, LOVED AND CARED FOR.</p>	<p>GIVE THOUGHTFUL GIFTS &amp; GESTURES. SMALL THINGS MATTER IN A BIG WAY. EXPRESS GRATITUDE WHEN RECEIVING A GIFT.</p>	<p>FORGETTING SPECIAL OCCASIONS. UNENTHUSIASTIC GIFT RECEIVING.</p>
 <p><b>QUALITY TIME</b></p>	<p>UNINTERRUPTED AND FOCUSED ONE-ON-ONE TIME. GIVE UNDIVIDED ATTENTION. WATCH AS THEY ARE PLAYING.</p>	<p>CREATE SPECIAL MOMENTS TOGETHER. MAKE EYE CONTACT PAY ATTENTION TO DETAILS. EAT TOGETHER AS A FAMILY.</p>	<p>DISTRACTIONS WHEN SPENDING TIME TOGETHER. LONG STINTS WITHOUT ONE-ON-ONE TIME.</p>
 <p><b>ACTS OF SERVICE</b></p>	<p>USE ACTION PHRASES LIKE "I'LL HELP .. ." THEY WANT TO KNOW YOU'RE WITH THEM AND THERE TO HELP.</p>	<p>DO CHORES TOGETHER. WORK ON PROJECTS TOGETHER. PICK THEM UP ON TIME.</p>	<p>MAKING THE REQUESTS OF OTHERS A HIGHER PRIORITY, LACKING FOLLOW - THROUGH ON TASKS BIG AND SMALL.</p>