



"Love is a verb. Love is something you do... the giving.

Love - the feeling - is the fruit of love the verb."

Stephen Covey

LOVE IS A VERB: 5 LOVE LANGUAGES

BASED ON THE 'FIVE LOVE LANGUAGES' AND MINDFUL SELF-COMPASSION PRACTICES

The Five Love Languages and loving-action have guided millions of couples connect and enjoy loving relationships. The concept has expanded to include parenting, and creating a loving relationships with ourself. It turns out, we need to feel seen, heard, valued and understood in order to feel loved. The Five Languages help us meet these needs.

In order to feel loved by ourselves, we need to feel seen, heard, valued, and understood by ourselves! It is essential to be loving towards yourself. In fact, it is your #1 job. The Five Love Languages give you succinct ways to do so. Use this worksheet (pages 2-6) to free-write and realize ideas for each of The Five Love Languages. You may prefer one language over another, but it is imperative that you try to incorporate aspects of each love language.

FIVE LOVE LANGUAGES: EXAMPLES OF ACTION-ORIENTED SELF-LOVE

QUALITY TIME What do you enjoy doing with your free-time? Possibilities are endless. Enjoy a bath, a walk, coffee, movie, music, people-watching, travel, etc.

WORDS OF AFFIRMATION Use words to appreciate, understand, compliment, and encourage yourself. Journaling is also powerfully loving and affirming.

ACTS OF SERVICE There are infinite possibilities to be of service to yourself! Clean your home, prepare a meal, brush your teeth. Organize your closet.

PHYSICAL TOUCH Cuddling with a cozy blanket [or even a stuffed animal], applying body lotion, enjoying a pedicure, getting a massage, hugs, sensual pleasures ;) and more.

RECEIVING GIFTS Giving yourself gifts can be incredibly satisfying. From saving up for your dream car, to buying a cute t-shirt, to getting your favorite cereal.

BASIC NEEDS FOR SELF-CARE: KEEP THESE IN MIND AS YOU LIST YOUR IDEAS

It is also good to keep in mind our basic needs for self-love. They are as follows:

Physically - exercise, have a massage, a warm bath or a cup of tea

Mentally - meditate, watch a funny movie or read an inspiring book

Emotionally – have a good cry, pet your dog or listen to your favorite songs

Relationally - meet with friends, send a birthday card or play a game

Spiritually - prayer, attend church or your place of worship, go for a walk in the woods or help others

DISCOVERING WAYS TO LOVE YOURSELF WITH THE FIVE LOVE LANGUAGES

QUALITY TIME Possibilities are endless. Enjoy a bath, a walk, coffee, music, people-watching, travel, etc. Imagine having a full day to yourself to do whatever you wanted, what would you do? Free-write naturally.



What do you enjoy doing with your free-time? What do you want to make sure you do more of on a daily basis?

What did you enjoy doing as a child? Recall and describe enjoyable moments you had as a child spending alone time.

List bucket list items = big experiences you want to do in life, such as traveling, adventures, and big goals.

Use the **Oxytocin Boosters** list for more ideas, such as meditation, etc. Also, use your **Simple Comforts** worksheet. The Oxytocin Boosters list is accessible with this link: <https://www.creatingyourbalance.com/oxytocin>

DISCOVERING WAYS TO LOVE YOURSELF WITH THE FIVE LOVE LANGUAGES

ACTS OF SERVICE Similar to Quality Time, but more action-oriented. Be of service to yourself!

Ideas include cleaning your home, preparing a meal, brushing your teeth, and organizing your closet.

What actions are you already doing on daily basis that ensure you are taking care good care of your health?



What actions do you wish you were doing on a daily basis, or perhaps weekly basis to take good care of your health?

How important is it to you to have a clean, organized home and life? What chores are most important to you?

Use the **Oxytocin Boosters** list for more ideas, such making yourself a meal. Also, use the **Simple Comforts** worksheet. The Oxytocin Boosters list is accessible with this link: <https://www.creatingyourbalance.com/oxytocin>

Recall a time someone did something amazing for you and how it felt to receive their act of service. How can you provide yourself with more acts of service that are meaningful to you and would feel especially loving for yourself?

Free-write any additional thoughts and ideas you have about providing yourself with consistent acts of service.

DISCOVERING WAYS TO LOVE YOURSELF WITH THE FIVE LOVE LANGUAGES

WORDS OF AFFIRMATION Words and journaling to appreciate, understand, and encourage yourself.

Describe areas in your life you feel proud of. Are you a hard-worker, always pay the bills on time, keep a clean house, and/or always super responsible? Are you always there when your friends need you, etc?



What areas in your life are you feeling under-appreciated? As if no one notices how hard your working, caring, etc.?

If you could get the validation and appreciation you're craving or wanted, what would it be for. Who would you want to give you these words of appreciation? What words would they use?

Describe a time you were told how much you were respected and/or appreciated. What did they say? How did it feel? What made this important to you? How can you give yourself more appreciation like this?

Summarize what you've learned so far from your answers above. What areas in life do you want to appreciate yourself more for? What words do you want to use to appreciate yourself. How can you value and validate yourself more?

Describe at least one person who inspired and/or encouraged you in life. It can be a supportive friend, teacher, parent, family member, coach, mentor, etc. What was it about this person's attitude and words that resonated with you?

How can you provide yourself with more words of affirmation on a daily basis? Journaling is a tangible method, including **Gratitude Journaling**. Use **Oxytocin Boosters** for ideas: <https://www.creatingyourbalance.com/oxytocin>

DISCOVERING WAYS TO LOVE YOURSELF WITH THE FIVE LOVE LANGUAGES



PHYSICAL TOUCH Cuddling with a blanket, applying lotion, pedicure, sensual pleasures ;) and more.

Touch is one of our 5 senses (touch, smell, taste, see, and hear). To ensure you are providing yourself with comforting and pleasurable sensory experiences is an essential component for self-love. In fact, children who are not getting their sensory needs met, experience more anxiety, ADD, and ADHD symptoms. Stress balls, fidget spinners, slime and other sensory toys are proven to reduce anxiety and provide calm. The same goes for adults. Physical Touch isn't just sex. It involves tactile activity that satisfy sensory like finger painting, pottery, coloring, gardening, and baking.

What activities help make you feel comfy and cozy that you can incorporate for self-care? Snuggling with a soft blanket in comfy pj's? Enjoying a warm bubble bath? Yoga? Exfoliating? Applying lotion? Getting a pedicure or a massage?

What sensory (hands-on) and creative activities did you enjoy as child? What do you enjoy as an adult?

Grounding Exercises and Mindful Self-Compassion (MSC) provide evidence-based practices for Supportive Touch. These practices boost oxytocin, activate the Soothing System and parasympathetic nervous system to help us feel calm and loved. Take a look at the practices and see if there are any you'd like to try. List them below.

Grounding Exercises <https://www.creatingyourbalance.com/grounding>

Mindful Self-Compassion (MSC) Supportive Touch: <https://self-compassion.org/exercise-4-supportive-touch>

Use **Oxytocin Boosters** list for more ideas, like snuggling with your pet. Also, use your **Simple Comforts** worksheet.

The Oxytocin Boosters list is accessible with this link: <https://www.creatingyourbalance.com/oxytocin>

Summarize what you've discovered so far and add more ideas to fulfill Physical Touch and sensory needs with action-oriented self-care. Add more ideas. Include types of exercise too, like stretching, yoga, walking barefoot in the grass, etc.

DISCOVERING WAYS TO LOVE YOURSELF WITH THE FIVE LOVE LANGUAGES

RECEIVING GIFTS Giving yourself gifts can be incredibly satisfying. From saving up for your dream car, collecting and cherishing jewelry, to buying a simple, comfy t-shirt, or even getting your favorite cereal. What things bring you joy - items you can purchase? Certain snacks and foods, decor, clothes, moisturizers, candles, fresh fruit, beauty items, valuables?



Do you have any collections? Did you collect anything as a child, like a sticker collection? Is there a collection you'd like to start now that you think about it?

What things do you want to make sure you regularly buying and giving to yourself? Fresh flowers, daily coffee, etc.?

What bigger or more valuable items have you been dreaming about getting? A new home, car, dream vacation?

How does it feel to have these big desires? Do you see how allowing yourself to dream and desire is self-loving?

Of everything you listed, which gifts are most important to you? What else is getting in your way getting the highest priority gifts for yourself? How can you get to the point to where you are providing yourself with more desired gifts?