

What is My Child's Favorite Expression of Love

Week One: Observe your children this week, paying attention to how they show love to you. Each time you observe an action listed below, place a checkmark in the column that corresponds with the action. (For example: if the child brings you a flower, place a checkmark next to give gifts.)

Child's Name	Spends time with you.	Gives you a gift.	Tells you, "I love you".	Physically shows love.	Does an act of service for you.

Observations from the week:

Week Two: Show love to your children in the way they showed love most often during the previous week. For example: if your child hugged you often in week one, then give them plenty of hugs this week. In the chart below, record any changes that you noticed in your relationship during the week.

Child's Name	Record any changes in your relationship with each child.
	Preferred Pattern: _____
	Preferred Pattern: _____
	Preferred Pattern: _____
	Preferred Pattern: _____

Week Three: Ask each child how much they are loved by you. If a child tells you they are not feeling loved, ask them what expression of love you can do to make them feel more loved. During this discussion, share with your child what makes you feel most loved.

Remember that this plan is not meant to manipulate someone into feeling loved. Rather, it is meant to identify and strengthen one's expression and acceptance of love.