

Your Turn

How would you like to be loved? If you could only be loved in one way would you want someone to do something for you, say something to you, touch you, spend time with you or have sex with you, or give you a gift. In return, how do you like to give love? Do you want to do something for the one you are trying to love, tell them something in a loving way with a loving tone of voice, touch them physically, spend time with them or have sex with them, or give them a gift?

How I receive love: (Rank order your choices 1-5, 1 being the preferred way you want to be loved)

- 1. Sense of Sight*** _____
- 2. Sense of Hearing*** _____
- 3. Sense of Touch*** _____
- 4. Sense of Smell*** _____
- 5. Sense of Taste*** _____

How I give love: (Rank order your preferred way of giving love 1-5, 1 being your most preferred way to give love)

- 1. Sense of Sight*** _____
- 2. Sense of Hearing*** _____
- 3. Sense of Touch*** _____
- 4. Sense of Smell*** _____
- 5. Sense of Taste*** _____

Now interview the one you are trying to love or be loved by. How do they want to be loved and how have they been trying to love you? Rank order their responses below and compare how your ratings to theirs. Where do you match and where are you different. Love is always sacrificial. That is why loving someone is often not “natural” as in the way you love or want to be loved.

- 1. How do they want you to love them? What is their preferred priority?***
- 2. How do they love you?***
- 3. Where do you match up?***
- 4. Where are you different?***
- 5. How will you have to change in order to love them the way they want to be loved?***