

Physical Touch

Make sure you are always open to holding your spouse when he or she is going through a difficult time. Arms of comfort are something to be cherished, especially when they are literal.

When making a first impression, always be sure to give a firm handshake. To most people this expresses that you are serious and even professional. If the person's primary love language is Physical Touch, the impression will be especially strong.

Gents, if you are walking with your girlfriend and she seems to be chilled by the weather, put your arm around her and pull her close. She'll be warmed by your embrace, physically and emotionally.

Choose recreational activities with your mate that put you in physically close proximity to one another. Need some ideas? How about taking a dance or pottery class together? Or maybe camping with a two person tent? Cooking together can be fun.

Appropriate physical touch is often a very comforting gesture when someone has recently experienced a loss in their life. A hug, arm around the shoulder, or simply holding hands can be extremely meaningful when words are few. It is, however, a good idea to ask permission first if you are unaware of that person's comfort level.

The next time you sit next to your child on the couch, ask them if him or her would like a back scratch or a back rub. This can be a good way to connect with your older children as hand-holding and walking arm-in-arm often becomes off limits once puberty hits.

Surprise your spouse with your foot massage expertise! Nothing feels better than a good foot rub after a long day at work or chasing the kids around. Make some tea or light a scented candle to really set a relaxing mood.

If showing physical touch is difficult for you, consider purchasing a touch-oriented gift for your loved one such as a soft blanket or fuzzy sweater. This doesn't get you out of all physical contact, but it will show that you are trying to learn and truly care about his or her love language needs.

Never forget the healing power of touch! If your friend, child, or spouse is sick, a back rub or neck massage can go a long way in calming them down and getting them on the road to recovery, especially if there isn't time to take work or school off.

Physical touch can go a long way in showing someone that you are actively listening to what they say. Small gestures such as pats on the arm or shoulder show that you are invested and following the conversation.

Capitalize on errand running by holding your significant other's hand while the two of

you are out and about. Even if it's only a short walk to or from the car, your added connection is sure to make your girlfriend or boyfriend feel loved.

Sitting close on the couch while watching a movie is a great way to fill up the love tank of a sibling or parent whose primary love language is physical touch. Don't forget to ask their permission before hand so as not to startle them!

Make a point of snuggling with your children as you read to them. This may look different depending on their age, but never give up an opportunity for a little skin to skin contact. Chapter books such as *The Chronicles of Narnia* are great for older children!

If it is not your practice already, make a point to hug your friends when you greet them. This simple act begins any interaction on a positive and loving note. If by chance your friend is not a hugger, maybe a fist-bump is your best alternative. :)

As your spouse is telling you about a hard day or something that was upsetting, stroke her hair or rub his back- maybe even offer a massage. This soothing action will help calm and reassure your spouse that he or she is loved and valued.

When you greet or say goodbye to your children, gather them into your arms and hold them. Not only does this help fill up their love tank, but it also communicates that you are going to miss them during the day.

Invite your significant other to watch fireworks with you this weekend. Bring a cozy picnic blanket to sit on, and put your arm around him or her as you're watching the fireworks display. This is great way to "spark" some romance after a busy week.

Next time you take your spouse out for dinner, find a venue that has cozy booths and sit on the same side of the table, right up next to each other. Watch him or her light up as you slide into the booth! Here, you can spoil your partner with shoulder-to-shoulder contact and hand-holding- maybe even play a little footsie

Distress your mate after a hectic day by offering to give him or her a neck and head massage! This simple act of kindness can go far in stimulating rest, releasing tension, and rejuvenating him or her for a peaceful evening together.

Take this week to be intentional with the loves in your life who appreciate physical touch by using the 3 H's- Hugs, High Fives, and Holding Hands. Focusing on these specific things can help you be more aware and intentional, and the "touchy" people in your life will so appreciate the extra love

Do you have a loved one that lives too far to visit easily? Send a "hg" via the mail! You just need something of yours that they can touch/smell. A shirt, stuffed animal, or a pillowcase are all good options. This is second best to hugging him or her in person!

Spend a little time each morning cuddling with your children. This small act can do

wonders in filling up their love tanks, especially if they thrive on physical touch! Not only will they feel loved and appreciated, but you will be helping them start their day off positively!

Make an effort to hold your spouse's hand while you are out and about. Whether it's at the grocery store or while riding in the car, holding their hand will make them feel especially connected to you.

Offer your mother a back massage to help her destress from her busy week. Another option might be to schedule an appointment at the nearest health spa for a deep tissue or a full body massage.

Parents, never underestimate the power of a hug. As the end of the school year nears, this simple act can help boost your child's morale as they finish the year strong.

Gents, if you are walking with your girlfriend and she seems to be chilled by the winter wind, put your arm around her and pull her close. She'll be warmed by your embrace, physically and emotionally.

If you know your spouse's primary love language is Physical touch, always be proactive in initiating hugs, cuddles, kisses, and other things as appropriate. It will mean a lot more if he or she does not have to seek it out but is instead taken by surprise.

If you and a friend have a goofy sense of humor, come up with a secret handshake for each of you to learn that is long and even awkward. Enjoy the baffled looks you receive from those around you whenever they see it.

Each time you see your spouse and/or children, greet them with a prolonged hug or sweet kiss. This may be one of the best ways to say "Hello" to him or her especially if Physical touch is his or her love language.

High-fives or fist-bumps can often be a fun way to express appreciation for others. In the workplace setting, be aware that not everyone will feel comfortable with this. Seek to know the culture and understand the comfort level of those relationships first to avoid awkward situations.

When you have the opportunity to hold your partner's hand, don't just instinctively grab it... instead reach out, show your intent, and let him or her choose to take yours. The gesture shows your desire, but also that you respect his or her choice to be physical.

If your husband's love language is Physical touch, asking him to zip up your dress or latch your necklace will be a welcomed treat. If you're an Acts of Service person, these opportunities to serve with small touches are sure to be mutually beneficial.

Appropriate is the key word in the workplace. Appropriate physical touch can be a high five, handshake, pat on the back, or maybe even a fist bump. Note: if you see a

colleague who rarely expresses appreciation to others in these ways, you can safely assume that they probably wouldn't appreciate this type of gesture from you.

Don't forget to put your arm around your spouse or child when enjoying a movie or watching TV together. Cuddles are almost always welcome by those whose primary love language is physical touch.

If your spouse speaks the love language of physical touch, consider starting a Project Touch. The goal? Touch your way to a better marriage by finding more ways to touch each other each and every day. This could be sexual, non-sexual, or both. Get creative and have fun!

"Sometimes after my husband has had a hard day, I'm not entirely sure what to say to make him feel better. Walking over to him after he's vented and taking hold of his hands, rubbing his arm, or just giving him a long, exhausted hug makes all the difference. The touch says it all in those moments." -Celeste

If you have young children, occasionally let them fall asleep in your lap when they nap. To a child, a parent's embrace is almost always more comfortable than a pillow.

Next time you have to spend considerable time in the car and your spouse is driving, reach over from the passenger seat and give him or her a neck and shoulder rub. Just be careful he or she doesn't get so comfortable as to fall asleep.

Learn how to tango, waltz, or samba, and then plan a night to teach your spouse the dance. If your spouse's love language is Physical Touch, this will be a unique way in which you can express your love for him or her in a meaningful way. It's sure to be a fun, enjoyable, and maybe even unpredictable experience.

Take hand holding to the next level by making it interactive with secret code and hand squeezes (this is especially fun with your children or grandchildren).

Sporting events are full of celebration take a few people to your favorite team's next game. Make sure to give plenty of high fives and fist bumps- these kinds of "touches" always make cheering for your team extra fun!

Remember to bring sunscreen to any daytime outdoor activities. If appropriate, offer to apply it on your loved ones to protect them from the harmful effects of the sun. In the evening, be sensitive to their comfort level by bringing a jacket or sweater you can offer if it gets chilly.

Feeling playful? Turn physical touch with your spouse into a game. From sun up to sun down keep track of how many times you touch your spouse throughout the day. At the end of the day, the one who initiated the most touches wins and gets to decide the plans for the rest of the evening.

Next time you find yourself relaxing next to your spouse, use your finger to spell out affirming words on his or her back. The object is to let him or her guess what you are trying to spell. In the end, your touch will speak love louder than the words themselves.

Here's an idea that involves a little appropriate physical touch. Host an family or office thumb wrestling tournament. Create a sign up, break up into leagues or teams, set some rules, order some pizza, grab some trophies, and have fun!

If you go on walks with someone you love- which you should- be sure to hold his or her hand. This simple form of Physical Touch will mean the world to him or her.

Adhere Scrabble tiles to inconspicuous places on your body (e.g. behind your ear or knee) and ask your spouse to find them. Once all are found, he or she needs to figure out the phrase you intended to communicate, such as "I love you." **Inspired by Shannon, a newsletter subscriber.*

Next time you go to a restaurant with someone your spouse, ask to be seated in a booth. Sit on the same side. It may seem awkward at first as people stare. However, the gawks will turn to envy as they see you talk, laugh, and playfully touch shoulders, knees, and hands.

When separated by distance, having physical items that belong to one another may serve as a tangible substitute. For example: a shirt, jacket, or stuffed animal sprayed with the cologne or perfume of your significant other can remind you of each other and enjoyable times together.

"My husband and children (adults now) love gentle back rubs on their shoulders. So when they're stressed or just plain tired from the issues of the day, I like to come beside them while they are sitting and gently begin to massage their shoulders. Usually anyone sitting nearby claims, 'Me next!'" —*Joyce*

When your love language is physical touch, you almost always welcome hand holding from those you love. Get creative with "secret squeeze" codes. For example: three squeezes says, "I love you," (one for each word). Choose your own phrases and have fun.

If you're one who serves the dinner at home, be mindful of the moments you can offer an appropriate touch. For example, a small touch on the shoulder or back while setting a plate down can speak love in a small, yet meaningful way.

Go to a local park or gym and play a game of basketball with your spouse. Be playful and fun, but don't worry about who is winning .you can even change the game of horse to LoveYa. After a few high fives- fist bumps, and possibly even a few love pats, you both will emerge winners... no matter who actually wins.

If your spouse seems to be frustrated with an assignment or project, give him or her an unexpected neck or shoulder massage. This extra dose of love could be exactly what he or she needs to finish well.

When trying to communicate something really important to a spouse, child, or loved one, reach out and hold his or her hand as you communicate face-to-face. Your attention and kind touch will comfort and assure him or her of your love.

Spins, hugs, back scratches, and tossing the hair all communicate love to most children. Moms, paint your daughter's toenails. Dads, take your son to play some basketball. Don't shy away from your child. Your appropriate touch makes them feel secure and loved.

Next time you are watching TV or a movie with someone you love, sit close enough to touch arms or hold hands. If the relationship is a romantic one, cuddling is almost always a welcome display of affection.

Search your local area for a stellar special on dance lessons. Once you find one, sign up with someone you care about. Whether it's salsa, tango, waltz, or swing, you are sure to have plenty of opportunities to speak the love language of Physical Touch.

Spouses, plan a romantic night away from your kids somewhere with a hot tub. Everything is more romantic in a hot tub.

Sometime when you and your spouse are feeling a bit romantic, try playing a private game of Feather fifteen. Take turns using a feather to tickling your spouse in various places for a full fifteen seconds. If he or she laughs or moves, you win a kiss.

If your spouse's love language is Physical touch, non-sexual touch is just as important as sexual touch. Hand holding, hugs, cuddles, back rubs, high fives, and fist bumps are just some of the ways you can interact with your spouse outside the bedroom.

If your spouse's primary love language is physical touch, be sure to snuggle with him or her in a way that is comfortable as the two of you fall asleep. He or she will feel incredibly loved drifting off into happy dreams.

Whether you are sitting next to someone you love at a restaurant, church, concert, or on the couch, reach over and spell out a secret message on his or her arm, hand, or leg with your finger. In doing so, you'll actually be speaking two love languages- Physical Touch and Words of Affirmation!

For the spouse with Physical Touch as a primary love language, a simple back rub, neck or foot massage, or cuddle on the couch can speak more than a thousand words ever will. Knowing the touches your partner prefers is the key.

Cooking with your spouse can foster many moments of fun and close physical

interaction between you both. If your spouse's love language is Physical touch, maximize these moments with loving and playful touches.

"The next time you find yourself driving with your spouse and one of your favorite song comes on, pull over to a side street or parking lot and get out and dance together. Not only will this thrill your spouse, but everyone who sees you will smile!" -submitted by Carole

Make coupons or "winner notifications" for your spouse and leave them in conspicuous places. Write something like: "You have won a free pedicure. Call me to schedule an appointment," or "You've won a free full body massage."

If you are proud of someone, it is a generally accepted practice to give them an "atta boy" pat on the back- gently of course. This small gesture can communicate in a way that's tangible and often makes a person feel great.

Take hand holding to the next level by making it interactive with secret code and hand squeezes (this is especially fun with your children or grandchildren). It works like this... [click here](#).

If your mom's love language is Physical Touch, pay attention to the details during your time together. Be generous with your hugs and appropriate touches throughout the day. These small moments will speak love in volumes and leave her feeling grand!

If your husband's love language is Physical Touch, pick up a game of Twister®. Next time you are alone together and want to fire up the romance, challenge him to game of winner "takes all" or a best of three. Add a little playfulness with your attire, a scent that drives him wild, and an atmosphere that doesn't distract.

Next time you are near your spouse in the kitchen, at the store, watching a movie, etc... reach over and hold his/her hand. Most likely you'll notice a smile emerge. Special touches are fun when they surprise and delight.

Designate a "hug-o-clock" day at your house. Tell your child they'll get the biggest, best hug of their life at the top of every waking hour. Remind yourself with an alarm. Every time it sounds, you'll see his/her face light up with smiles!

When appreciation is communicated through physical touch, it is usually a form of spontaneous celebration—a high five when a project is completed, a fist bump when a problem is solved, or a congratulatory handshake when a sale is made. You usually can't plan it but you can make it enthusiastic!

Most children enjoy playing Tag on the playground. However, Tag doesn't have to stop with age. Why not designate one day a week to Touch Tag with your spouse?

Throughout the day take turns gently tagging each other. The last person to tag the

other before is the winner.

Maybe it is a little cold this winter for your little ones to be outside, so why not try a living room camp out?! Set up a tent (sheets will work if you don't have a real one), light the virtual campfire, count the stars (shine a flashlight through card-stock poked with holes), and share some snacks or trail mix.

Next time you go to the movies with your spouse, pick one that has armrests that lift. As you settle in with your drinks, candy, and popcorn, lift the armrest and snuggle up next to your love. Some theaters are cold, so if applicable, bring a blanket to share.

If your spouse or child's primary love language is Physical Touch, think through ways you can fill his/her "love tank" the next time he/she stands close to you in a line (e.g. grocery store, theme park, library). If appropriate, a quick back scratch or shoulder massage could certainly warm the heart.

Be sure to give your loved ones a goodbye kiss when they leave for work or other responsibilities. If Physical Touch is their primary love language the kiss will stay with them all day.

Consider putting your arm around your spouse when you are enjoying a movie or watching TV. Cuddles are almost always welcome by those whose primary love language is physical touch.

If your spouse seems to be frustrated with an assignment or project, give them an unexpected neck or shoulder massage. This extra dose of love could be exactly what he or she needs to finish well.

If you have young children, occasionally let them fall asleep in your lap when they nap. A parent is almost always more comfortable than a pillow.

Learn how to tango, waltz, or samba, and then plan a night to teach your spouse the dance. If your spouse's love language is Physical Touch, this will be a unique way in which you can express your love for him or her in a meaningful way. We think you'll find this to be a fun, enjoyable, and even somewhat unpredictable experience.

If your spouse's primary love language is Physical Touch, be sure to snuggle with your spouse in a way that is comfortable to them as the two of you fall asleep. They will feel incredibly loved as they drift off into happy dreams.

Next time you are with your child at a playground, pick him or her up and tell them they are an airplane. "Fly" them between each of the playground's attractions to make their time even more fun. This will most certainly uplift their happiness.

One of the most comforting things to a male is a head or neck rub. Ladies, take this opportunity to soothe him in this way. It will melt away stress and affirm him in many ways, especially if his love language is Physical Touch.

Each time you see your spouse, greet them with a hug or kiss. This may be the best way to say "Hello" to him or her.

If you and a friend have a goofy sense of humor, come up with a secret handshake for each of you to learn that is long and even awkward. Enjoy the baffled looks you receive from those around you when they see it.

Each time you are riding in the car as your spouse is driving, casually rub the back of his or her neck and head during the trip. Most people will find this tremendously soothing and endearing.

If you know your spouse's primary love language is Physical Touch, always be proactive in initiating hugs, cuddles, kisses, and other things as appropriate. It will mean a lot more to him or her if he or she does not have to seek it out but is instead taken by

surprise.

If you pray with the same person or group of people on a regular basis, consider holding hands or putting your hand on someone's shoulder as you pray. Appropriate Physical Touch often unites people; why not be united with those whom you pray with regularly?

Gents, if you are walking with your girlfriend and she seems to be chilled by the winter wind, put your arm around her and pull her close. She'll be warmed by your embrace, physically and emotionally.

Ladies, if your fiance is over for any of your family's Christmas events, give him a shoulder rub at an appropriate time. If he has any tension or anxiety from meeting your family, this will surely ease it away.

Keep an eye out for friends whose primary love language is Physical Touch and regularly give them shoulder pats, fist bumps, hugs whatever may be appropriate in the relationship. These small things will affirm them greatly.

When making a first impression, always be sure to give a firm handshake. To most people this expresses that you are serious and even professional. If the person's primary love language is Physical Touch, the impression will be especially strong.

Husbands, make sure you are always open to holding your wife when she is going through a difficult time. Arms of comfort are something to be cherished, especially when they are literal.

The next time you are saying goodbye to someone you won't see for an extended period of time, give them a meaningful goodbye using physical touch whether it be a gentle hug, a bear hug, a kiss on the cheek, or a firm, redolent handshake.

When was the last time you played Twister with your family? This weekend, pick up or dig out this old classic and call the family together for a family meeting. Challenge each member to a Battle of the Twists. You'll experience loads of laughter and plenty of family fun.

Mothers, try to find time for you and your daughter to play with different hair-dos. Everyone likes finding a new style, and if your daughter's love language is Physical Touch, this time will be extra special to her.

Fathers, when your sons are feeling playful challenge them to an arm wrestling match. They will be encouraged to see how strong their dad is, and if you let them win they'll feel especially strong themselves.

Spouses, plan a romantic night away from your kids somewhere with a hot tub. Everything is more romantic in a hot tub.

Spouses, when having a serious conversation hold each other's hands. If it's a romantic conversation, occasionally kiss his or her hand. If your spouse is talking to you about a

trying circumstance, hold his or hand in a way that reassures him or her of your support.

If you know you are not the best at physical touch, treat your spouse to a professional massage. While the responsibility to fill your spouse's love tank falls on you, an occasional trip to a masseur or masseuse may mean a lot to your spouse.

If you can cut hair well, offer to cut the hair of your spouse or child when they are ready for a trim. If his or her primary love language is Physical Touch, the extra contact will be very welcome and appreciated.

Don't forget how significant little touches can be. Small touches throughout the day—running your hand across your spouse's shoulders as you walk by, rubbing his or her arm briefly as you sit down to eat can make your spouse feel significantly loved.

If your children like to, let them cuddle with you as you watch TV shows, movies, or when reading a book.

Haircuts involve a lot of touch. If you can cut hair well, offer to cut your spouse's hair. If his or her love language is Physical Touch, this will be very endearing. If you feel ambitious, follow it up with a comforting neck and shoulder massage.

If you know that your spouse's primary love language is Physical Touch, any time you have to wake them up do so by gently and affectionately rubbing their shoulder or the top of their head. They will wake up feeling loved.

Amusement parks and physical touch go hand in hand (pun intended). This Spring, make plans to attend a local or national amusement park. When you sit close on the roller coasters, walk side-by-side, and even wait in the lines, take advantage of the wonderful opportunities to express your love in tangible ways.

Mothers, if you know your daughter's primary love language is Physical Touch, make it a point to paint her nails every couple of weeks. This will mean a lot to her because painting someone's nails requires a lot of touch.

If your spouse is a napper and their primary love language is Physical Touch, nap with them when you can. They will greatly appreciate being able to cuddle with you as they fall asleep.

Are you in a long distance relationship? If so, speaking the love language of Physical Touch can be challenging. One way to overcome the miles apart is to send an article of your clothing (i.e. sweater, flannel, beanie) that he or she can wear when you are not present. When your clothing is worn, your touch will be deeply felt.

If your spouse's primary love language is Physical Touch, don't be timid about expressing your love for them in public. While not going too far, a simple hug, kiss, or even just holding hands in public can be very meaningful to someone who hears love through Physical Touch.

Parents, if they are small enough why not carry your child around on your shoulders during your next outing together. Almost everyone has fond memories of seeing the world from a different perspective while riding on the shoulders of someone they love.

Plan a romantic night with your spouse in your living room. Play some nice music and learn a two-person dance. If your spouse's primary love language is Physical Touch, this may be among their favorite dates with you.

Fathers, if your son is old enough and you are able, play some contact sports with him and some of his and/or your friends. If your son's primary love language is Physical Touch, these sports may be especially enjoyable for him.

Play a dance game with your young children. Turn up one of their favorite songs and dance to it with them, making it a point to hold their hands and occasionally lift them. Have your spouse stop the music at different points; at which everyone has to freeze in the position they're in.

If you know your adult son or daughter's primary love language is Physical Touch, don't be hesitant to reciprocate when they initiate a hug, a cuddle, or a kiss on the cheek upon visiting home. If someone reaches out to you with their love language and you do not respond, it can be very painful to them.

Remember to bring sunscreen to any daytime outdoor activities. Not only will this practice give you opportunity to apply it (if appropriate) but it will also protect him or her from the harmful effects of sunburn. As it cools off in the evening, be sensitive to his or her comfort level as well. Bring a jacket or sweater and offer it if he or she appears chilled.

If you read to your child as they fall asleep, snuggle with them as you do so. If his or her primary love language is Physical Touch, this will make the time together even more special. Be sure to slip out of bed delicately when you leave so that you do not wake them up.

There is something beautiful and reassuring about the gentle touch from a loved one when age begins to take its toll on the body. Whether it's a hand on the shoulder, an embrace, or simply holding hands while you talk, touch is powerful and communicates beyond words. If you have aging parents or grandparents, be intentional about appropriately using the love language of Physical Touch in your interactions.

Taking a selfie with someone else is a great way to get close. Whether your child, spouse, or friend, the next time you are together immortalize the moment with a picture from your mobile device. Choose a unique backdrop and don't forget to smile. Cheese!

Go to a local park or gym and play a game of basketball with your spouse. Be playful and fun, but don't worry about who is winning. After a few high fives, fist bumps, and possibly a few love pats, you'll both emerge winners . . . no matter who actually wins. For added fun, play for a prize.

If your spouse speaks the love language of Physical Touch, consider starting a "Project

Touch." The goal? Touch your way to a better marriage by finding more ways to touch each other each and every day. This could be sexual, non-sexual, or both. Get creative and have fun!

Develop a unique handshake or greeting that is only between you and your child. Use it regularly when you say good-bye or pick them up from school. As your child becomes older, be careful not to embarrass him/her in front of his/her friends. Simply wait for an appropriate time.

Don't let football season tackle your family relationship. Grab your family and head to the

park for a game of touch football. Bonus: It's exercise!

◀ The 5k Date ▶

You don't have to be an elite athlete to complete a 5k race. You don't even necessarily have to like running. All you need is a goal, the drive to achieve it, and a partner who will help you see it through. If you're married and your spouse's primary love language is Physical Touch, offer a massage after the race.

When separated by distance, having physical items that belong to one another may serve as a tangible substitute. Perhaps a shirt sprayed with the cologne or perfume of your significant other may remind you of each other and of enjoyable times together. Sometimes the gift of touch needs to be your partner's choice. When you have the opportunity, don't just immediately take their hand . . . instead reach out, showing your intent, and let them choose to take yours. The gesture shows your desire for their touch too, and how much you value your shared tactile experience. Next time you find yourself relaxing next to your spouse, use your finger to spell out affirming words on his/her back. The object is to let them guess what you are trying to spell. In the end, your touch will speak love louder than the words themselves. "A simple back rub speaks more to me than a thousand words." - Emily

"I like write down coupons for my husband. I usually write something like: 'You have won a free pedicure. Call me to schedule an appointment,' or 'You've won a free full body massage.' He loves to find these coupons." ~Anonymous

Sporting events are full of celebration. Take a few people to your favorite team's next game. Make sure to give plenty of high fives and fist bumps—they always make rooting for your team extra fun!

If your spouse's primary love language is physical touch, vacations can be a blast! Holding hands in the thrill of the moment on a roller coaster ride. Applying sun tan lotion near the pool. Getting playful in the ocean. Holding hands at a romantic cafe.

Spins, hugs, back scratches, tossing the hair all communicate love to a child whose primary love language is physical touch. Moms, paint your daughters toe nails. Dads, take your son to the park and play some basketball. Don't shy away from your child. Your appropriate touch makes them feel secure and loved.

Appropriate is the key word. Appropriate Physical Touch can be a high five, handshake, pat on the back, or maybe even a fist bump. If you see a colleague who rarely

expresses appreciation to others in these ways, you can safely assume that they probably wouldn't appreciate the gesture from you. Therefore, observe the people who are already expressing these types of gestures to others and mark them as those who would most likely appreciate a fist bump from you when the merger goes through.

My husband got a zero for physical touch on your online quiz and I got a zero. How do I deal with it? He must learn how to reach out and give you the kind of touches that communicate love to you—just as you must learn to speak his love language. It usually doesn't come natural to speak a language that is not native to us, so it will be just as difficult for him as it is for you. But if you both understand how important this is—that this is what is going to make the other person feel loved—it makes learning to speak each other's primary love language much easier. I deal with thoroughly in my book *The 5 Love Languages*, so if you've not yet read it and only taken the quiz, I want to encourage you do so. I would also recommend you get your husband the men's edition because in it I give guys several additional ideas on how to speak all five languages.

Cooking with your spouse often provides moments of close interaction. If your spouse's love language is Physical Touch, maximize these moments with your loving or playful touch.

Next time you go to a restaurant with someone your spouse, ask to be seated in a booth. Sit on the same side. It may seem awkward at first as people stare. However, the gawks will turn to envy as they see you talk, laugh, and playfully touch shoulders, knees, and hands.

"When my husband and I are sitting in church, I will spontaneously write on the back of his hand with my finger "I Love You". I always get a smile and a squeeze back and he knows that I am thinking of him out of the blue." ~Jennifer

"I frequently sit on the couch with my husband and rub his feet and legs. Or other massages as needed are much appreciated. Doing this without being asked is wonderful! Just being willing to serve is best. It covers so many of the love languages too." ~Paula

"My husband does 75% of the driving when we take road trips to see family. To make him feel loved and appreciated for this, I reach over from my seat on the passenger side and give him neck and shoulder rubs while he is driving. It keeps him from tensing up and lets him know I love him!" ~Nita

When trying to communicate something really important to a spouse, child, or loved one whose primary love language is Physical Touch, reach out and hold their hands as you communicate face to face. Your attention and kind touch will comfort and assure them of your love. (Relationship: Marriage, Family, Love)

If you want to show appreciation for someone, a high-five or fist-bump can often be a non-threatening and fun way to express that appreciation for others. In the workplace setting, be aware that not everyone will feel comfortable with this. Seek to know the culture and understand the comfort level of those relationships first to avoid awkward situations. (Relationship: All)

Go to a local park or gym and play a game of basketball with your spouse. Be playful and fun, but don't worry about who is winning. You can even change the game of Horse to Romance. After a few high fives, fist bumps, and possibly even a few love pats, you both will emerge winners . . . no matter who actually wins. For added fun, pick a prize you will be playing for. (Relationship: Marriage)

Next time you are watching TV or a movie with someone you love, sit close enough to touch arms or hold hands. If the relationship is a romantic one, cuddling is almost always a welcome display of affection. (Relationship: Marriage, Family)