






Your Primary Love Language™ is
Quality Time



	Quality Time	37%
	Words of Affirmation	23%
	Physical Touch	20%
	Acts of Service	17%
	Receiving Gifts	3%

Quality Time

In Quality Time, nothing says "I love you" like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes you feel truly special and loved. Distractions, postponed activities, or the failure to listen can be especially hurtful. Whether it's spending uninterrupted time talking with someone else or doing activities together, you deepen your connection with others through sharing time.

The Love Language™ Series

It's never too late to start loving better.

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