

Self-Love Languages

A Reflection Guide

Discovering How You Best Show Up for Yourself

You've probably heard of the five love languages—the ways we prefer to give and receive love in relationships. But have you ever considered how these same languages apply to the relationship you have with yourself?

This reflection guide helps you explore how you can use each love language to deepen your practice of self-love. There's no scoring, no right or wrong answers—just honest exploration of what makes you feel most cared for, valued, and seen.

How to use this guide: Read through each love language section. Reflect on the prompts. Notice which practices resonate most deeply. Then, commit to one small action in your primary love language this week.



Words of Affirmation

You feel most loved when you hear kind, encouraging, and validating words. Self-love through words of affirmation means speaking to yourself with the same compassion you'd offer a dear friend.

Ways to Practice Self-Love with Words of Affirmation:

- Speak kindly to yourself when you make a mistake
- Write yourself encouraging notes or letters
- Acknowledge your progress and growth out loud
- Use affirmations that feel authentic to you
- Celebrate your wins—big and small—with words
- Replace negative self-talk with compassionate reframing

Reflection:

What's one kind thing you could say to yourself today that you've been withholding?

Notice:

How does your inner dialogue sound most of the time? Is it encouraging, neutral, or critical?

How much does receiving affirming words (from yourself or others) make you feel loved and valued?

1

Not at all

2

A little

3

Moderately

4

Quite a bit

5

Extremely



Quality Time

You feel most loved when someone gives you their full, undivided attention. Self-love through quality time means being truly present with yourself—without distraction or guilt.

Ways to Practice Self-Love with Quality Time:

- Protect alone time to recharge without interruption
- Engage in hobbies or activities that bring you joy
- Spend time in nature or environments that restore you
- Practice mindfulness or meditation
- Journal without your phone nearby
- Take yourself on a solo date (coffee, walk, museum, etc.)

Reflection:

When was the last time you gave yourself uninterrupted, guilt-free time? What did you do, and how did it feel?

Notice:

What gets in the way of you spending quality time with yourself? (e.g., guilt, busyness, feeling selfish)

How much does having undivided, focused time with yourself make you feel restored and valued?

1

Not at all

2

A little

3

Moderately

4

Quite a bit

5

Extremely



Receiving Gifts

You feel most loved when someone gives you a thoughtful gift. Self-love through receiving gifts means treating yourself to things that bring joy, comfort, or meaning—without needing to earn them.

Ways to Practice Self-Love with Receiving Gifts:

- Buy yourself something you've been wanting (big or small)
- Treat yourself to fresh flowers or plants
- Invest in items that support your well-being (books, skincare, tools)
- Create or curate meaningful objects that remind you of your worth
- Allow yourself to receive without guilt or justification
- Surprise yourself with small delights (favorite snack, new candle, etc.)

Reflection:

What's something you've been wanting to give yourself but haven't yet? What's holding you back?

Notice:

Do you wait for special occasions to treat yourself? Or do you allow yourself to receive without needing to "earn" it?

How much does receiving thoughtful gifts (from yourself or others) make you feel loved and appreciated?

1

Not at all

2

A little

3

Moderately

4

Quite a bit

5

Extremely



Acts of Service

You feel most loved when someone does something helpful for you. Self-love through acts of service means taking care of tasks that lighten your load and make your life easier.

Ways to Practice Self-Love with Acts of Service:

- Meal prep so future-you doesn't have to cook when tired
- Organize or declutter a space that's been stressing you out
- Schedule appointments you've been putting off (doctor, therapy, etc.)
- Handle a task you've been avoiding to free up mental space
- Set up systems that make daily life easier (auto-pay bills, calendar reminders)
- Do the thing that "future you" will thank you for

Reflection:

What's one thing you could do for yourself this week that would make your life noticeably easier?

Notice:

Do you wait for others to help you, or do you actively take care of yourself in practical ways?

How much does having helpful tasks done (by yourself or others) make you feel cared for and supported?

1

Not at all

2

A little

3

Moderately

4

Quite a bit

5

Extremely



Physical Touch

You feel most loved through physical connection and comfort. Self-love through physical touch means nurturing your body with gentle, compassionate care.

Ways to Practice Self-Love with Physical Touch:

- Give yourself a gentle self-massage (hands, feet, shoulders)
- Take a warm bath or shower mindfully
- Wrap yourself in soft, comfortable clothing or blankets
- Place your hand over your heart during difficult moments
- Stretch your body with intention and care
- Book a massage, facial, or other bodywork that feels nurturing
- Move your body in ways that feel good (dance, yoga, walking)

Reflection:

How often do you touch yourself with kindness and care (not just functionally)? What does compassionate touch feel like for you?

Notice:

Do you ignore or dismiss your body's needs for comfort and care? Or do you listen and respond?

How much does physical comfort and nurturing touch make you feel safe and loved?

1

Not at all

2

A little

3

Moderately

4

Quite a bit

5

Extremely

Bringing It All Together

Based on your ratings and reflections, which 1-2 love languages resonate most strongly with you?

Are you currently showing up for yourself in those languages? If not, what's getting in the way?

Choose ONE small, specific action from your primary love language to practice this week:

What support do you need to follow through? (accountability, permission, time, resources, etc.)

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

— Sharon Salzberg

A Final Reminder:

Self-love isn't about perfection. It's about showing up for yourself in the ways that feel most meaningful to you. You don't need to master all five languages—just the ones that help you feel seen, valued, and cared for.

Start small. Be gentle with yourself. And remember: you're allowed to love yourself in whatever language speaks to your heart.

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*This reflection guide is inspired by the concept of love languages and adapted for self-love practices.
It is not a substitute for professional mental health support. If you're struggling, please reach out.*