



## Wk. 6 Practice: Generational Love Languages

Read Proverbs 4:23 as you think about how love was expressed in your family. Scripture tells us to take special care of how we love and what we love (read 1 John 2:15-17). Our families, as well as the media we consume and the experiences we have, teach us many lessons about love. How has your definition of love been shaped?

### Step 1:

- Describe your families love language
  - How was love expressed in your family?
    1. Acts of service
    2. Words of affirmation
    3. Quality time
    4. Physical touch
    5. Gifts
  - What have you accepted (called normal), ignored (chosen not to deal with), adopted (took up in my own life) or rejected (lived in defiance of) this way of showing love?

**How love was expressed in my family**

**What have I accepted, ignored, adopted, or rejected this way of showing love?**



**Step 2:**

- Mark your genogram to reflect any strong relational dynamics in your family
  - Use the icons below to indicate how family members relate to one another
  - Feel free to create your own icons if you don't see one that you need

*Examples of connection lines:*

===== strong connection

—————( caretaker

>>>>>>>>>> looked up to

~~~~~ mentored/discipled