



What Are Love Languages?



Have you ever thought about how you like to receive love? Gary Chapman came up with the “Five Love Languages”. These are five different ways that you can show or how others can show you love. Relationships can continue to grow when we understand and communicate better with each other. Everyone receives love differently and when we understand what the other person needs it can help to strengthen the relationship. Below are some examples of the 5 love languages. See if you can pick the one that sounds like your love language and then see if you can pick out the one your loved one might pick. If you are unsure what your love language is you can take a short quiz to find out. If you are interested in taking the quiz you can reach out to me for more information.

Physical Touch



Being close to and physically touched by others.

Ask yourself: How do you feel when others show affection through touch?

Examples: Holding hands, kissing, hugging or cuddling. If these things make you feel the most loved and happy, physical touch may be your primary love language.

Giving/Receiving Gifts



Gifts that say you were thinking about them.

Ask yourself: How do you feel when you receive a thoughtful gift?

Examples: Giving/receiving flowers, a favorite snack or something homemade. The value is not only in the gift itself but the time and effort put in to choosing it. If these things make you feel the most loved and happy, receiving gifts may be your primary love language.

Quality Time



Spending meaningful time with others.

Ask yourself: How do you feel when others give you their undivided attention and you engage in meaningful conversation or activities?

Examples: planning an activity to do together, watching a movie or tv show together, taking a walk together and actively listening without interruptions like the phone. If these things make you feel the most loved and happy, quality time may be your primary love language.

Acts of Service



Doing helpful things for others.

Ask yourself: How do you feel when others help you with tasks that reduce your burden or ease your stress.

Examples: they perform a chore for you, run an errand for you, or takes care of something without having to be asked? If these things make you feel the most loved and happier, acts of service may be your primary love language

Words of Affirmation



Saying supportive things to others.

Ask yourself: How do you feel when you hear others offer encouraging, positive and affirming words, and compliments?

Examples: Your boss congratulates you, tells you "great job!", someone pays you a compliment, thanks you for something or says “I love you”. If these things make you feel the most loved and happy, words of affirmation may be your primary love language.