



Let's learn

THE FIVE LOVE LANGUAGES

Why do we keep talking about *love languages*?

Love languages are the ways people show and receive love. When you and your partner use different languages, it can be difficult to communicate your feelings or even feel heard by your partner. By learning your partner's love language— and helping them learn yours—you will be better able to share positive feelings.

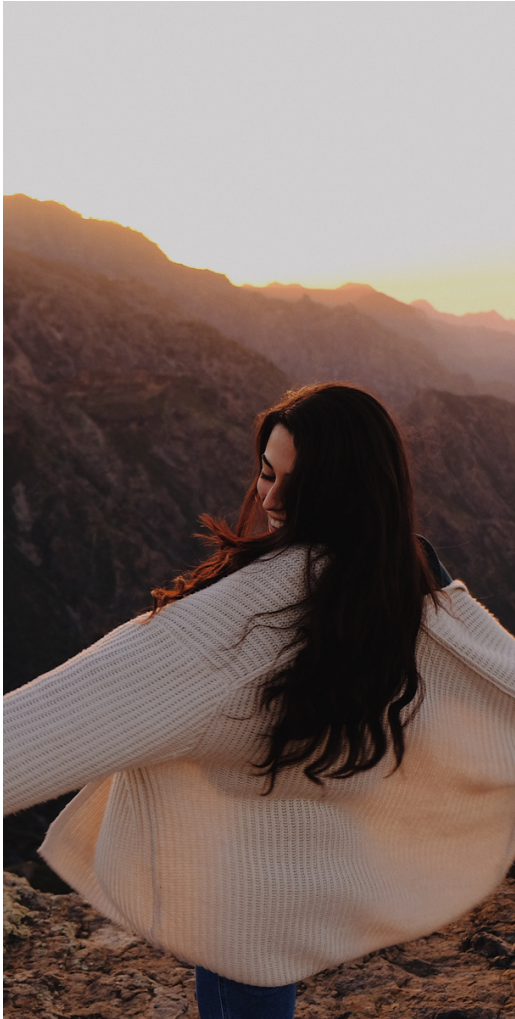


and just remember..

Love languages do not just apply to romantic relationships. It is a universal way in which we show and receive love, meaning, it applies to our friends and family as well.

“Expressing love in the *right language*. We tend to speak our own love language, to express love to others in a language that would make us feel loved. But if it is not his/her primary love language, it will not mean to them what it would mean to us.

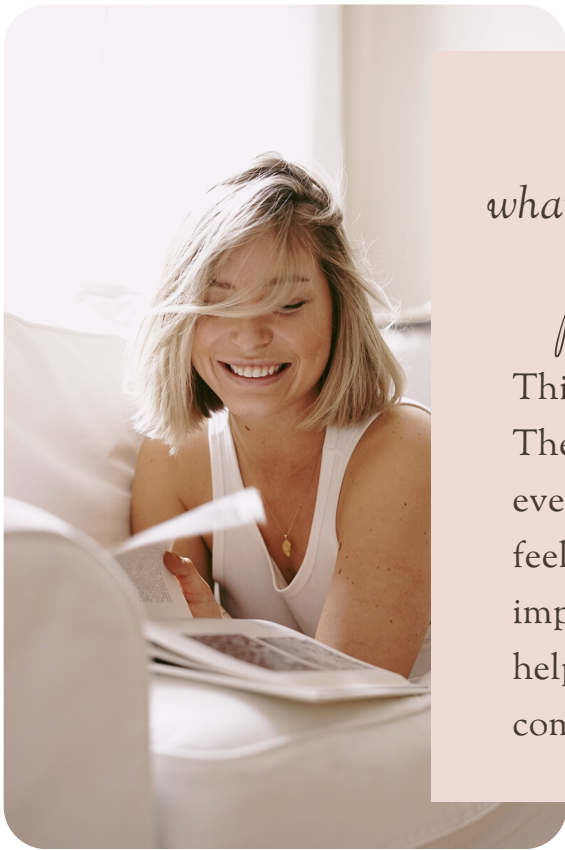
GARY CHAPMAN



The Five *Love Languages*

- 1 *Words of Affirmation*
Written or verbal expressions of appreciation, love, reassurance, support and/or encouragement; being complimented or asked nicely to do something. May include notes, cards, phone calls, etc.
- 2 *Quality Time*
Receiving undivided/focused attention, being together/doing things together, discussing/listening together, sharing experiences, thoughts, feelings, etc.
- 3 *Receiving Gifts*
Receiving tangible gifts indicating time and thought on your behalf, a flower, a note on the bathroom mirror, small gifts for the children, etc.
- 4 *Acts of Service*
Any housework, making dinner, washing dishes, washing the car, changing baby's diaper, picking up dry cleaning, reading to the children, etc.
- 5 *Physical Touch*
Could include holding hands, a kiss good-bye, hugs, sexual intimacy, or any physical touch or affection.





what's your primary love language?

Think about when your fuel is low in your car. The car's not happy, you're not happy, everyone is just not happy. That's what it can feel like when our 'love-tank' is low. It's really important that we get clear on what things help fill up our love-tank, so that we can communicate this to our nearest and dearest.

Our partners, friends, and family can sometimes seem like they don't care about us, or are simply not meeting our needs, because they might not be speaking our love language... they could be speaking their own. What this means is, sometimes, things get lost in translation.

Share with your loved ones some of the keys to your heart by communicating your desires and needs.

The purpose of this activity is to keep a translated list of how they can speak your love language. Using this clear-communication strategy in your relationships can help by keeping things simple, and easy-to-follow. Share your list with your nearest and dearest, and try to get them to do the same. You can then try to engage in at least one love-language task each week to keep each other's 'love-tank' full!

Try your best to identify what things make you feel loved, cherished, and connected. Use this activity to be as specific as you can (e.g. I feel loved by you when you message me from work and just say 'hey babe, hope you're having a good day. [words of affirmation] OR I feel loved by you when you take the bins out each week [acts of service]).

Rate each item out of 10 (0 - not important or 10 - very important) to indicate how important or powerful a particular behavior is in making you feel loved and cherished. Items don't need to be in order since sometimes there are multiple items that are equal in making you feel loved.

Rating	Words or behaviours that speak my love language

QUESTIONS TO CONSIDER

Which love languages speak to you, and why?

How are your love languages similar to or different from your friends and family's?

What can you do to be more considerate of your friends and family's love languages?
