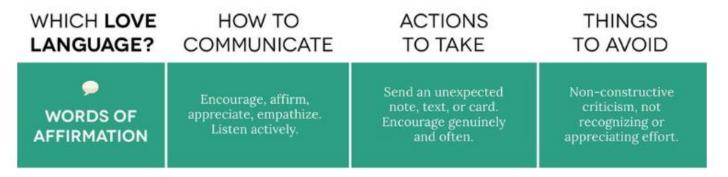
Love Languages

Love Languages were created by Dr. Gary Chapman to discuss how we all give and receive love in our relationships based on five core love languages:

1) Quality Time: If someone's love language is quality time this means that they show love and receive love through spending quality time together. Quality time means being together, fully present and engaged in the activity at hand, no matter how trivial. Spending quality time with one another helps us to build our bonds and feel comfortable with each other.



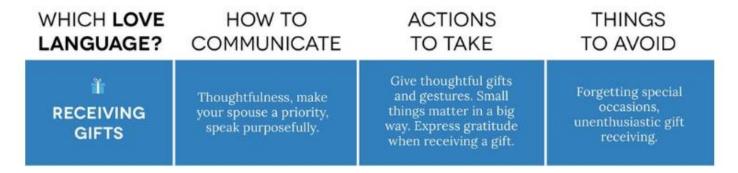
2) Words of Affirmation: If someone's love language is words of affirmation this means that they show love and receive love through verbal affection, appreciation, and affirmation. Examples include, "I love you" "I appreciate what you did/are doing" "I am proud of you" "I admire you" "You're really good at that" etc.



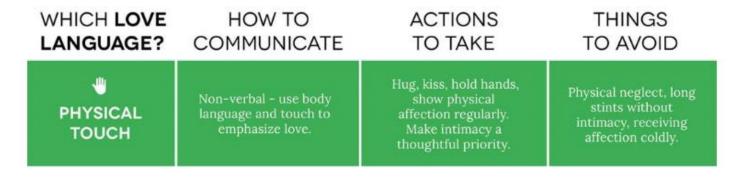
3) Acts of Service: If someone's love language is acts of service this means that they show love and receive love through doing simple tasks that take things off the other person's to-do list. This love language is sometimes misconstrued as *servitude* but is better characterized as looking for opportunities to do helpful things whenever you can out of the goodness of your heart motivated by love for the other person.



4) Receiving Gifts: If someone's love language is receiving gifts this means that they show love and receive love by giving and receiving meaningful gifts. The gift does not have to be expensive or even cost money. The gift could be a trinket, a flower, a newspaper article that you thought they might enjoy, or a homemade item. The love is conveyed through thinking about the other person and what they might like then taking the time to gift it to them. It truly is the thought that counts, but the physical object and act of giving conveys the love behind the thought for people with this love language.



5) Physical Touch: If someone's love language is physical touch this means that they show love and receive love through physical closeness and contact with the other person. This includes hugs, a hand on the shoulder, a pat on the back, hand holding, sitting close together, back rubs, snuggles, etc. In romantic relationships this also includes more intimate forms of physical touch (like kissing, etc.). The physical contact doesn't have to be grandiose big shows of affection, but it most likely does need to occur on a regular basis in order for the person to feel loved and able to express their love.



Love Language Quizzes

Use the quiz on this website to find out each family member's love language. This can be a great family activity to complete and to discuss together in order to understand each other better and speak each other's love languages more mindfully: http://www.5lovelanguages.com/quizzes/love-language

Love Language Infographics

If you are a visual learner, you may find the infographics on the next few pages useful for understanding the five love languages.

The 5 Love Languages

Quality Time

These kids feel loved through sharing time with people. Cook together, go on solo it up later for 1 on 1 time, structure your day.

bike rides, let them sit up later for 1 on 1 time, structure your day with small timeslots to spend playing with/interacting with them Discipline by withdrawing a section of time=especially if they've wasted yours!

Giving Gifts

These children like you to give them things to treasure! Buy them something, pick them a flower, start a 'treasure box' for them, make sure you LISTEN when they say something they want. Discipline by taking something away for a time.

Acts of Service Love helping others and getting to 'do things' with parents, but especially independently,

Helping wash the car, be given freedom to make their own sandwiches/lunch, surprise family member with something they've done for them, etc. Discipline by removing a freedom

Words of Affirmation

These lids thrive on spoken or

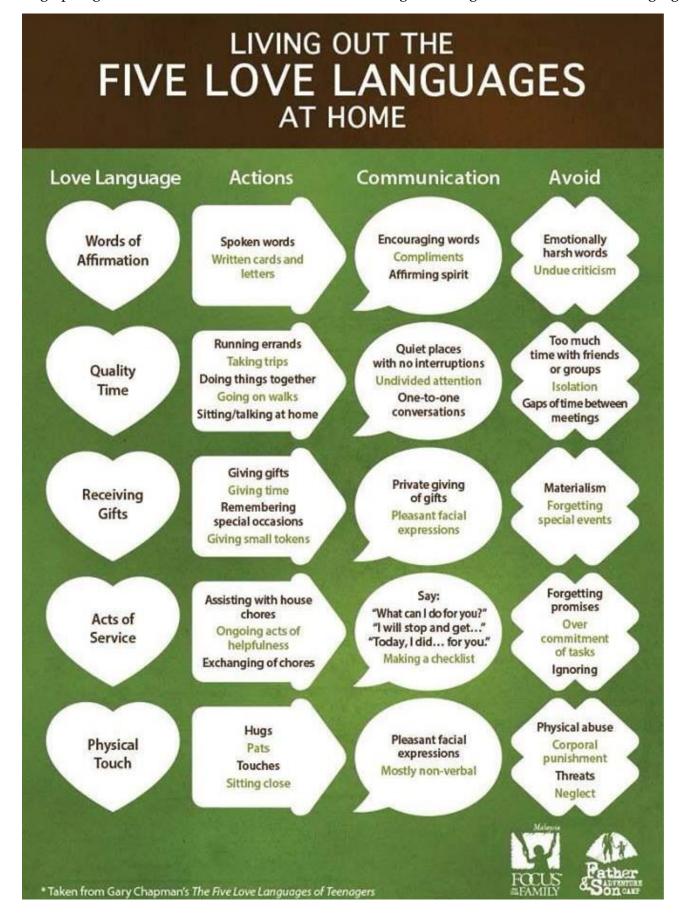
written encouragement. Write a note, tell them you're proud and why, make them a big deal with your words-but don't be patronising Discipline them by saying 'I'm disappointed in how you have acted'

Physical Touch

These kids love you being close! Spend an

intentional 5 minutes a day at least being physically present with them- wrestle, hug, sit next to them, etc.

Discipline them by removing yourself for a time.



Terms of Use

Please feel free to send this printable to fellow parents/guardians, teachers, school staff, colleagues, friends, family, and anyone else who may benefit from this. Better yet, ask them to subscribe to MindfulFamilyMentor.com to receive weekly free resources! Feel free to print copies and distribute them for free. Please DO NOT SELL copies or try to make money off of this work in any way. Please DO NOT re-create this work and try to take credit for it unless you have made significant edits or improvements. Please give credit to Mindful Family Mentor and to Dr. Gary Chapman at http://www.5lovelanguages.com for this "Love Languages" resource.

Thank you!

Love,

All rights reserved.

MindfulFamilyMentor.com

