


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.

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p>QUALITY TIME</p>	<p>Uninterrupted and focused conversations. One-on-one time is critical.</p>	<p>Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.</p>	<p>Distractions when spending time together. Long stints without one-on-one time.</p>


- 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.

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p>WORDS OF AFFIRMATION</p>	<p>Encourage, affirm, appreciate, empathize. Listen actively.</p>	<p>Send an unexpected note, text, or card. Encourage genuinely and often.</p>	<p>Non-constructive criticism, not recognizing or appreciating effort.</p>

- 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.

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p>ACTS OF SERVICE</p>	<p>Use action phrases like "I'll help...". They want to know you're with them, partnered with them.</p>	<p>Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.</p>	<p>Making the requests of others a higher priority, lacking follow-through on tasks big and small.</p>

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.

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p>RECEIVING GIFTS</p>	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.

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.

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <p>PHYSICAL TOUCH</p>	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.

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.

This infographic specifically lays out the 5 love languages as they apply to children:

The 5 Love Languages

Quality Time

These kids feel loved through sharing time with people. Cook together, go on solo 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 kids 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.

This infographic gives us ideal actions and communications along with things to avoid for each love language:

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: "What can I do for you?" "I will stop and get..." "Today, I did... for you." Making a checklist	Forgetting promises Over commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

* Taken from Gary Chapman's *The Five Love Languages of Teenagers*



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Love,



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