



The 5 Love Languages

Or how to communicate better with everyone!

Funny story... I've had this book for years, and had skimmed it, but it wasn't until I was supporting a client through it that I really read it. And fell in love with it, pun intended.

Yes, this is a very helpful book when it comes to our most intimate relationships. It's also helpful in learning that different people communicate in different ways, and want/need to be acknowledged and supported in different ways. Learning about these differences improves the quality of our relationships - all of them - and helps us to be both understood better, and to understand others.

The Five Love Languages are:

Words of Affirmation - This language uses words to affirm other people.

Acts of Service - For these people, actions speak louder than words.

Receiving Gifts - For some people, what makes them feel most loved is to receive a gift.

Quality Time - This language is all about giving the other person your undivided attention.

Physical Touch - To this person, nothing speaks more deeply than appropriate touch.

LOVE LANGUAGE

WHICH LOVE LANGUAGE?

HOW TO COMMUNICATE

ACTIONS TO TAKE

THINGS TO AVOID

 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	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.
 RECEIVING GIFTS	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.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.