**The 5 Love Languages**

There are many ways to express your appreciation/affection/love to someone, regardless of the relationship (parents, friends, romantic). What are some different ways that you can express that you care/ appreciate someone?

There are 5 main methods a person can express their ‘love’ known as the **5 Love Languages.**

Each individual normally expresses their love through their desired love language, and normally prefers to get their affection back through the same method.

When people express their feelings though the wrong language, it can leave an individual feeling unappreciated or unloved. The key is knowing what your desired love language is, and also ensuring you are communicating your appreciation/ love to another person through their desired language.

**1) Quality Time**
Many people believe that being together, doing things together, and focusing in on one another is the best way to show love.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context. A good person will not only listen, but offer advice and respond to assure their parents/ friends/ boyfriend/ girlfriend they are truly listening. Many times people don’t expect you to solve their problems. They need a sympathetic listener.

Quality activities are a very important part of quality time. Many people feel most loved when they spend physical time together, doing activities that they love to do. Whether it’s sitting on the couch and having a brief conversation or playing together in a tennis league, quality time is a love language that is shared by many. The key to quality time is making time for an activity that they like doing (regardless if you enjoy the activity yourself) strictly because you know that the activity is important to the other person.

 Ex. Guy goes with his girlfriend to yoga classes, to see a musical (for her) Girl goes with boyfriend to watch a UFC fight (for him) (Stereotypes I know)

**Give an example of Quality Time you could give to your:** mom/ dad - friend - girlfriend/ boyfriend -

**2) Receiving Gifts**
Some people respond well to visual symbols of love. If you speak this love language, you are more likely to treasure any gift as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love. Luckily, this love language is one of the easiest to learn.

These gifts need not to come for only special occasions. They don’t even need to cost a lot of money. Often the small, unexpected gifts are appreciated more than the large gifts on a birthday, Valentines Day or Mother’s Day. If someone relates to the language of receiving gifts, any visible sign of your love/ appreciation will leave them feeling happy and secure in your relationship.

**Give an example of an unexpected Gift you could give to your:**  mom/ dad - friend - girlfriend/ boyfriend -

**3)** **Acts of Service**
Sometimes simple chores around the house can be an undeniable expression of love. Even simple things like laundry and taking out the trash require some form of planning, time, effort, and energy.

It is important to do these acts of service out of love and not obligation. (Doing chores around the house for your parents) It’s important to perform these acts out of the kindness of your heart. Demonstrating the acts of service can mean stepping out of the stereotypes. Acts of service require people to humble themselves into doing some chores and services that aren’t usually expected from their gender. Discovering how you can best do something for your parents/ friends/ girlfriend/ boyfriend will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy in order to be perceived as a gift of love.

**Give an example of an Act of Service you could give to your:**  mom/ dad - friend - girlfriend/ boyfriend –

**4) Words of Affirmation**
Words thanking someone will build their self image & confidence & make them feel appreciated This is when you say how nice someone looks, how great the dinner tasted, how you appreciated the ride to school Ex. “You look great today”  **Give an example of a Word of Affirmation you could give to your:** mom/ dad - friend - girlfriend/ boyfriend –

**5) Physical Touch**

Many people feel the most loved when they receive physical contact from their someone. A person whose primary love language is physical touch would much rather have a hug and be silent than offer any advice. Physical touch can communicate an immense amount of love for a person. (holding hands, hug, play fighting with friends)

It is important to learn how someone speaks the physical touch language. Some touches can be irritating and uncomfortable for people. They can be big acts, such as back massages, or little acts such as holding hands or a hand on the shoulder. The type of touch that makes you feel secure is not necessarily what will make someone else happy. It is important to learn each other’s dialects. That way you can make the most of your hugging, kissing, and other physical contacts.

**Give an example of Physical Touch you could give to your:** mom/ dad - friend - girlfriend/ boyfriend –

**Determining Your Own Love Language**

Since you may be speaking what you need, you can discover your own love language by asking yourself these questions:

* How do I express love to others?
* What do I complain about the most?
* What do I request most often?