

# **The Five Love Languages**

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**Dr. Gary Chapman, Christian Marriage and Family Therapist coined the terms based on his counseling work with couples and family and his study of these families**

**Based on his study from his own counseling experiences and notes, he thought wouldn't it be neat if he could share this with others in book form**

**His book has been a best seller for years, selling 13 million copies and has been translated into 50 different languages**





**being loved and feeling love is a universal human need**

**People have a Primary Language that really makes them feel loved.**

**Discovering the Primary Love Language of those you are in relationship with has the POWER to transform relationships.**

**This works with anyone you care about:**

**Spouses, children, relatives, co workers, neighbors and Teachers**





**The 5 Love Languages are ways  
to express love on an  
Emotional Level**

**They are:**

- **Words of Affirmation**
- **Gifts**
- **Quality Time**
- **Acts of Service**
- **Physical Touch**





# **Words of Affirmation**

**Unsolicited compliments or words of encouragement, appreciation and acknowledgement**

- **True**
- **Positive**
- **Start Small**
- **Intentional**
- **Consistent**

## **Examples:**

**Thank you for helping clear the dishes**

**You look great today!**

**I appreciate how hard you worked on this**

**You are a neat kid**

**Love notes and/or lunchbox notes**

**Simple compliments unsolicited have power to the person whose Love Language is Words of Affirmation**





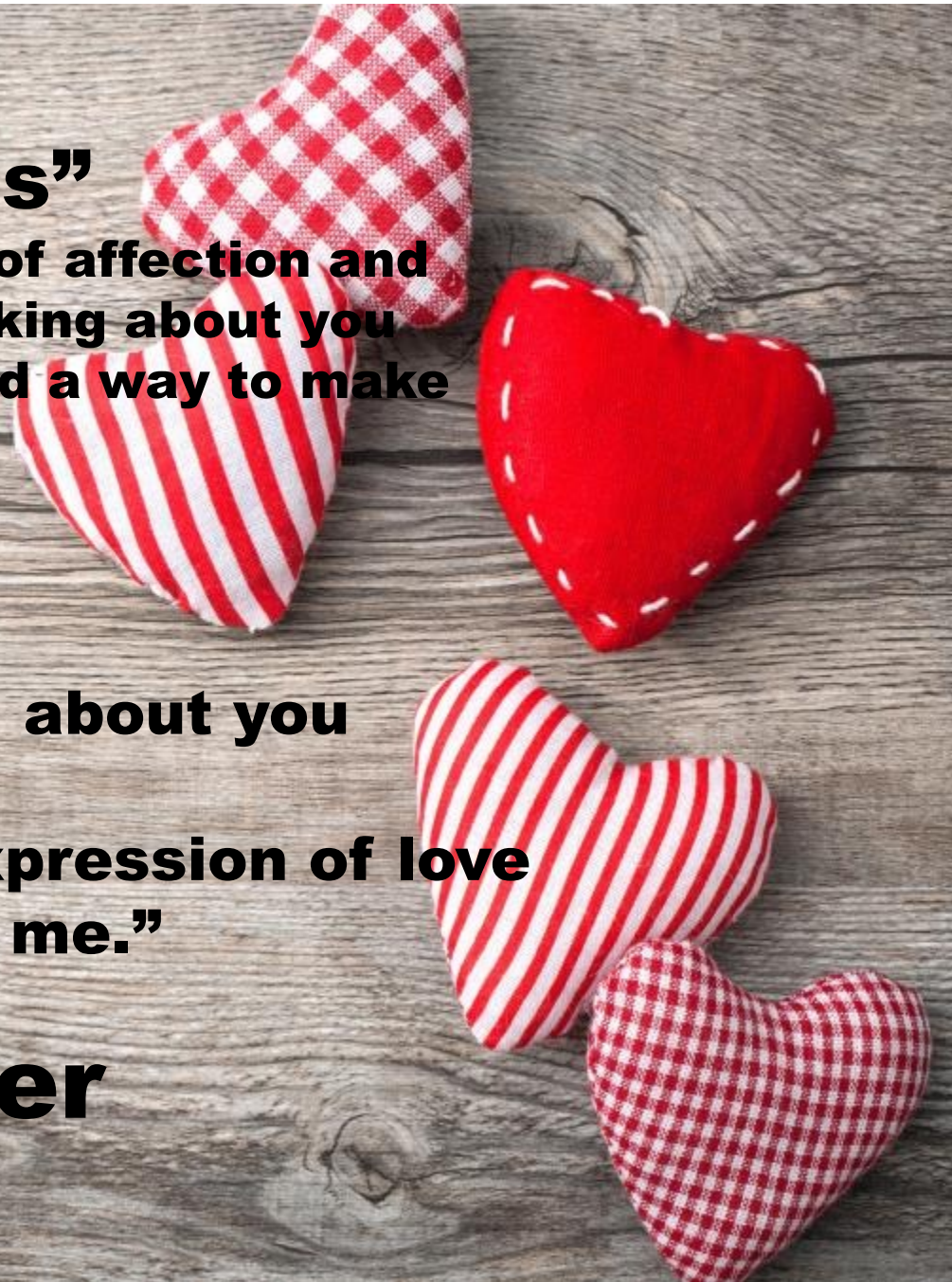
# Gifts

## **“It’s the thought that counts”**

**the act of giving a gift serves as a gesture of affection and care because it shows the person was thinking about you while you weren't around and wanted to find a way to make you smile**

- **Not materialistic**
- **Not about stuff**
- **Sends the message I was thinking about you**
- **Doesn't have to cost anything**
- **It's universal to give gifts as an expression of love**
- **It says, “they were thinking about me.”**

## **The Dreaded Co worker**





# Quality Time

**The whole purpose is that you are showing interest in the other person and you care about them regardless of the setting.**

- **Giving the other person your undivided attention**
- **It is not watching TV together**
- **The TV is off**
- **The computer is down**
- **No phone**
- **We are sitting with the other**
- **Facing them**
- **Looking at them**
- **Engaged and interested in what they are saying.**
- **Listening to them**

**QT is not *just* being in the presence of the other.**

**It is back and forth communication.**

**Spend 15 minutes in a “sit down and listen” time and let them**





# Acts of Service

## Actions Speak Louder than Words

- **when someone takes the initiative to help you**
- **when people assist you or when someone offers to help without you explicitly asking them**
- **when people perform a thoughtful act for you**

**Laziness, broken commitments, and making more work for them tell speakers of this love language their feelings don't matter**

**If this is not your Love Language but is for your loved one, you will have to be intentional**



## The Distressed Teacher



# **Physical Touch**

**receiving affection through touch, physical closeness, and other forms of physical connection**

**If your love language is physical touch, then that means you prefer physical expressions of love over all other expressions (such as verbal compliments or gifts).**

**Note that physical touch as a love language is not all about sex**





**The question is not do you love your spouse  
or children?**

**The question is does your spouse  
and children feel loved by you?**

**Spend some time  
discovering their love  
language.**

**Speak it genuinely,  
consistently, and  
frequently.**

**See if it doesn't transform**





# Discovering Love Languages

**Take the quiz online**

<https://5lovelanguages.com/learn>

- **ask your family member what makes them feel loved**
- **try to use the 5 love languages one by one and notice how your family member reacts to each of them**
- **notice how your family member expresses their love for you**





# Questions

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**Take the quiz online to learn your love language:**

<https://5lovelanguages.com/learn>

