

The Five Love Languages

American relationship counselor Gary Chapman has written a highly recommended book about love after the initial “falling in love” phase. His thesis is that people express love in different ways—that is, they speak different “love languages”. In general, people want love expressed to them in their own native “language”. If two people in a relationship speak different languages, it can lead to misunderstandings and frustration. So it’s important to understand the other’s love language and learn to speak it, that way both will feel truly loved in the relationship.

The five love languages are . . .



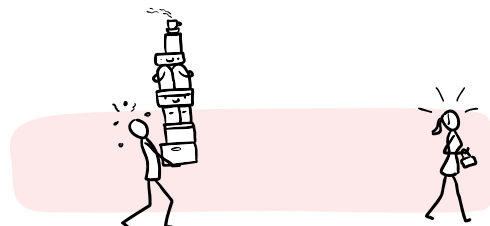
- 1 Words of Affirmation**
I like to say nice things to others or compliment them.



- 2 Quality Time**
I give others my undivided attention and do activities with them.



- 3 Gifts**
I give gifts to others as a sign of affection.



- 4 Acts of Service**
I look for opportunities to do favors for others or take things off their hands.



- 5 Physical Touch**
I show affection through physical contact, closeness, or intimacy.

REFLECT

Chapman offers various tests in his book and on his website that you can use to find out which language you speak.



<https://5lovelanguages.com/>