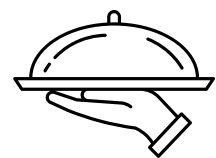


THE 5 LOVE LANGUAGES

Does it ever feel like you and your partner just aren't speaking the same language? The 5 love languages may help! The concept, originally created by Dr. Gary Chapman in a series of books, is quite simple. Different people with different personalities give and receive love in different ways. By gaining awareness of these differences, and learning to speak your partner's language, you can strengthen the bonds of your relationship, resolve conflicts, and improve your connection with each other.



ACTS OF SERVICE

Actions speak louder than words. Some of us feel most loved when others lend a helping hand or do something kind for us. Seeing someone intentionally look for ways to be helpful says love.



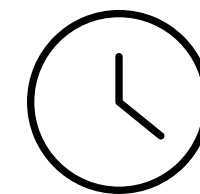
WORDS OF AFFIRMATION

Verbal connection is prioritized. Some of us feel most loved by hearing specifically what our partners appreciate or admire about us. Words are the most powerful way to convey love.



RECEIVING GIFTS

Gifts, large or small, are the most appreciated. Some of us feel most loved when we receive a heartfelt or thoughtful gift. Tangible items, even small ones, are the best way to show your love.



QUALITY TIME

Having another person's dedicated time is prioritized. Some of us feel most loved when another person gives us their undivided attention and spends time with us. Activities spent together is the best way to show love.

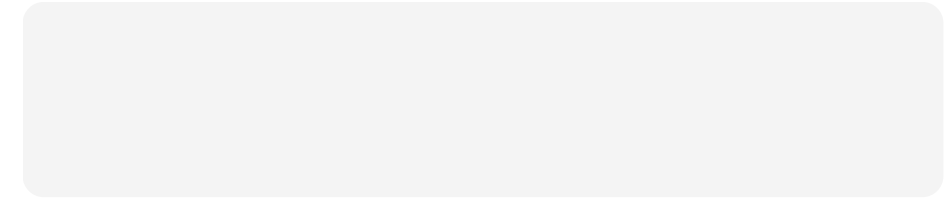


PHYSICAL TOUCH

Nothing says it better than physical connection. Some of us feel most loved when we receive physical affirmation. This could be as simple as a high five, or more intimate like a kiss. Physical contact is how to say love.

Now that you know each other's love language, it's time to start speaking it!

We tend to show love using our own language, but learning how our partner wants to receive love can strengthen your bond.



Love Language	Acts of Service	Words of Affirmation	Receiving Gifts	Quality Time	Physical Touch
Actions	<ul style="list-style-type: none"> Assisting with household tasks or chores Complete tasks that may not be enjoyable Look for ways to be helpful 	<ul style="list-style-type: none"> Love notes or messages Cards with heartfelt messages or affirmations of love 	<ul style="list-style-type: none"> Giving gifts or small tokens of appreciation Remembering special occasions Put thought into the gifts, big or small 	<ul style="list-style-type: none"> Make eye contact and actively listen Put down the phone and other distractions Schedule special time together Do activities together 	<ul style="list-style-type: none"> Hugs, cuddles High fives, pats, small touches Holding hands Show small displays of public affection Sexual intimacy
Communications	<ul style="list-style-type: none"> Ask - what can I do for you? Say - I can stop and pick up X for you. 	<ul style="list-style-type: none"> Giving compliments Praise for accomplishments Kind words and encouragement 	<ul style="list-style-type: none"> Communicate thoughts behind the gift Indicate the gift is especially for them 	<ul style="list-style-type: none"> Share thoughts, experiences, feelings and pay attention to responses. One-to-one conversation 	<ul style="list-style-type: none"> Primarily non-verbal language, but can communicate desire to touch if apart (i.e. I wish I could hold you)
Avoid	<ul style="list-style-type: none"> Inadvertently creating more work for partner Forgetting promises to do something Overcommitting to tasks 	<ul style="list-style-type: none"> Unkind words Undue criticisms Emotionally harsh language 	<ul style="list-style-type: none"> Forgetting special events Rarely or never giving tangible items Materialism - it is not about the cost or monetary value 	<ul style="list-style-type: none"> Isolation Too much time spent apart Too much time with friends/groups 	<ul style="list-style-type: none"> Neglect Physical distance Threats Physical abuse