

## **The Five LOVE LANGUAGES**

(As described by Dr. Gary Chapman in *The 5 Love Languages*)

### **WORDS of Affirmation**

“This language uses words to affirm other people.”

What shows love most effectively: Compliments, praise, kind words, cards, acknowledgment of success, encouragement, “I love you”

What hurts the most: mean words, insults, lack of praise

### **Quality TIME**

“This language is all about giving the other person your undivided attention.”

What shows love most effectively: spending one on one time, demonstrating attention by listening, sharing quality conversation and activities, making time

What hurts the most: distractions, postponed dates, not being prioritized with time, not being given full attention, failure to listen

### **Receiving GIFTS**

“For some people, what makes them feel most loved is to receive a gift.”

What shows love most effectively:

(*\*Note: this language is related to thoughtfulness not monetary value of gifts*)

Thoughtful gifts, handmade presents, tokens of appreciation or remembrance, visual representations of love – showing person is known and cared for

What hurts the most: holidays/birthdays being forgotten, hasty/thoughtless gifts

### **ACTS of Service**

“For these people, actions speak louder than words.”

What shows love most effectively: doing favors, showing love with time and effort, doing tasks that are not required, easing one’s burdens

What hurts the most: laziness, broken commitments, lop-sided chores, perceived selfishness with time/effort

### **Physical TOUCH**

“To this person, nothing speaks more deeply than appropriate touch.”

What shows love most effectively: (*\*Note: this language is not necessarily related to sexual touch and can apply to non-romantic relationships*)

hugs, cuddling, holding hands, showing concern through touch, pat on the back

What hurts the most: being ignored, not being physically present or accessible

For more information, see [www.5lovelanguages.com](http://www.5lovelanguages.com) or the following books by Dr. Gary Chapman: *The 5 Love Languages*, *The 5 Love Languages of Children*, or *The 5 Love Languages of Teenagers*