



Handout 8

The Five Love Languages

In his book, *The Five Love Languages* (2009), Dr. Gary Chapman describes five ways in which people communicate love. According to Dr. Chapman, people in intimate relationships usually have different love languages. Most people have one primary love language and one secondary love language. Learning about one's own and one's partner's love language can help couples do things that fill each partner's "love tank," which can create a closer, more harmonious relationship.

For more information or to take the Love Language quiz, see: 5lovelanguages.com.



Acts of Service

You feel loved when your partner does things to help you. It could be doing the dishes, folding the laundry, watching the kids for an hour or two, washing your car, or any other task that eases your responsibilities.



Gifts

If your love language is gifts, you enjoy receiving thoughtful gifts, both on special occasions and, especially, for no particular reason. The gift doesn't need to be extravagant or expensive. It is the thought and effort behind the gift that makes you feel loved.



Physical Touch

Affectionate pats, holding hands, kissing and hugging are all gestures that make you feel loved. This may include sexual touch, but giving affectionate, nonsexual touches on a regular basis are an important way to show love and concern to the person whose love language is physical touch.



Quality Time

Spending time together and receiving your partner's full, undivided attention makes you feel loved. You feel cared about when your partner focuses only on you—no phone, computer, or TV. Taking a walk together, going out to dinner just the two of you, or just sitting and talking over a cup of tea or coffee are all activities that will fill the "love tank" for a person whose love language is quality time.



Words of Affirmation

If your love language is words of affirmation, you feel valued and loved when your partner gives you unsolicited compliments, says "I love you," tells you specific things he or she loves about you, or says other nice things, such as "Thank you for making such a great meal."



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