



The Five Love Languages

by Gary Chapman

In Dr. Chapman's Love Languages series, he proposes five ways that people communicate love to one another. Although love can be appreciated and received through all five ways, most of us have a "primary language" of love, and we won't feel truly loved unless others are loving us in our primary love language. It is important to learn and understand ways in which you need to be loved as well as the love languages of others.

The five basic love languages are:

- ***Words of Affirmation:***
 - Body language, tone of voice and choice of words are important
 - Avoid sarcasm, put downs, condescending tone
 - Stay in the present without keeping score
 - Share with kindness honest feelings of joy, hurt, pain and anger
 - Express appreciation for what others do
 - Give encouragement and genuine, sincere compliments
 - Choose kind and tender words
 - Make requests and avoid demands; keep the relationship adult-adult, not parent-child
 - Recognize that affirmation skills are more difficult for those who come from non-affirming families

- ***Quality Time:***
 - Engage in mutually enjoyable activities that allow time for communication
 - Discover what the other party enjoys; engage in quality activities that provide a memory bank for the future
 - Talk and listen with undivided attention, maintaining eye contact and observing body language
 - Mutually share thoughts, feelings, and experiences
 - Self-revelation is a crucial element of intimacy
 - Focus on emotional togetherness, not just proximity
 - Make the personal interaction a primary focus, not the activity itself

- **Receiving Gifts:**
 - Give gifts freely, without strings attached
 - Gifts can be simple and inexpensive; they can be purchased or made
 - Give the gift of self, spending time together, be available during events and milestones important to the other person

- **Acts of Service:**
 - Offer acts of service that express concern and responsibility for the well-being of others
 - Choose acts that are true expressions of love, not acts performed out of fear, guilt, resentment, or obligation
 - Step out of stereotypic roles with a focus on the needs and wishes of the other party
 - Avoid acts of service that are demanded by the other person

- **Physical Touch:**
 - Touch should be appropriately timed
 - Lack of touch creates emotional distance
 - Physical intimacy needs are often different for men and women
 - Women tend to want to feel loved before sex and men tend to want sex in order to feel loved
 - Attention needs to be given to the manner in which the individual likes to be touched
 - Sex abuse survivors and those from families who were not physically affectionate may have unique touch needs and boundaries