



## Love Languages

What is your love language?

**Goal:** Discuss these five love languages with your family and friends and have each person talk about what they think theirs is. Write them down. Then try showing love in ways your loved ones receive it best.

- Physical touch/affection (ex. Hugs, putting a hand on someone's back)
- Words of affirmation/encouragement (ex. Verbally encouraging someone, writing notes of encouragement, telling someone you love them)
- Quality time (ex. Doing an activity with a loved one, taking time to talk to them)
- Acts of service (ex. Making supper without being expected to, cleaning)
- Receiving/giving gifts (ex. Getting or giving flowers, or a night out)

**[Tip]:** For example, if your loved one's love language is quality time, you can set aside some time to spend with only them. If your child's love language is words of affirmation, you can try sending a note in their lunch kit everyday that shares some encouragement.

**Why is this important?** The five love languages can help strengthen relationships by helping people perceive and receive love.

**References:** Egbert, N., & Polk, D. (2006). Speaking the language of relational maintenance: A validity test of Chapman's (1992) five love languages. *Communication Research Reports*, 23(1), 19–26.  
<https://doi.org/10.1080/17464090500535822>