



Love Languages

Love Languages are 5 unique ways of expressing and receiving love. Our love languages may differ from one another, so communicating about how we like to show and receive affection can help form strong bonds.



Quality Time

This love language prioritizes spending time with one another. Things that are important to someone with this love language are:

- Eye contact
- Active listening
- Focused conversation
- Sharing an interest or an activity
- Meaningful engagement

Physical Touch

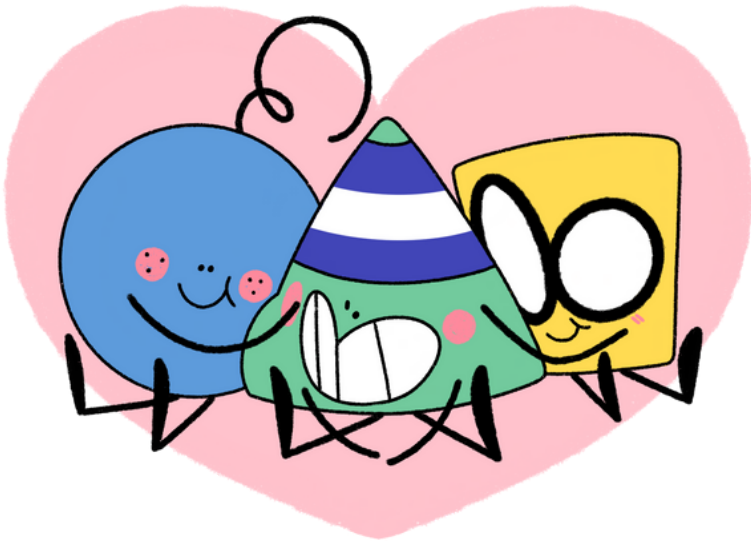
This love language prioritizes physical signs of affections. Things that are important to someone with this love language are:

- Holding hands
- A comforting hug
- A back rub
- Arm around the shoulder
- A high five

Words of Affirmation

This love language prioritizes verbal acknowledgments of affection. Things that are important to someone with this love language are:

- Compliments
- Verbal encouragement
- Words of appreciation
- Frequent communication
- A lot of "I love you's"



Acts of Service

This love language prioritizes doing things that make each others' lives easier. Things that are important to someone with this love language are:

- Helping with chores
- Showing appreciation with actions
- Checking in during difficult times
- Small acts of kindness

Gift Giving

This love language prioritizes giving gifts that reflect your loved one. Things that are important to someone with this love language are:

- Giving a favourite snack food
- Taking them to a place they enjoy
- Trips to a favourite place
- Offering a gift regardless of a special occasion
- Thoughtful surprises