

The Five Love Languages

By, Gary Chapman

1)- Words Of Affirmation

Using words to affirm the other person is a key way to express love, “you look nice in that dress... Thanks for cleaning your room... I appreciate you taking out the garbage... Thanks for all your work... This was a great meal.” These affirmations may focus upon the person’s behavior, physical appearance, or personality. The words may be spoken, written or even sung. To people whose primary love language is words of affirmation, such affirming words fall like a spring rain on a barren soil.

2)- Quality Time

Quality time is giving someone your undivided attention. With a child it is sitting on the floor rolling a ball back & forth. With a spouse it is sitting on the couch, looking at each other and talking, or taking a walk down the road, just the two of you, or going out to eat together and looking and talking to each other. It is taking a teenager fishing and telling him what life was like when you were a teenager.

3)- Gifts

Giving gifts is a universal expression of love. Gifts say, “He was thinking about me. Look what he got for me.” Children, adults, and teenagers all appreciate gifts. For some people, a gift is their primary love language. Nothing makes them feel more loved than receiving a gift. Gift need not be expensive.

4)- Acts of Services

“Actions speak louder than words” The old saying goes. That’s true for people whose primary love language is acts of service. Doing something that you know the other person would like for you to do is an expression of love. So is cooking a meal, washing the dishes, vacuuming the floors, mowing grass, cleaning the grill, giving the dog a bath, painting a bedroom, washing the car. The list could be endless.

To a person whose primary love language is acts of services, words may indeed be empty if they are not accompanied by acts of services. The husband says, “I love you.” And she’s thinking. *If he loved me, he would do something around here.*

5)- Physical Touch

We have known the emotional power of physical touch. That’s why we pick up babies, hold the, cuddle them, and say those silly words. And long before the child understands the meaning of love, the child feels loved by physical touch. Hugging and kissing a six-year as he or she leaves for school in the morning is a way of filling the child’s love tank and preparing him for a day of learning.