

# Love Languages

- Chapter 1 -

What is a 'love language'?

Author, Harold Becker, famously said "love needs no words as it is a universal language from the heart." Beautiful, but is this true? In some ways, yes; as a collection of human beings, we all feel and express this emotion but that's where the simplicity ends. The truth is, people give and receive love and affection in different ways, 5 ways in fact!

- ♥ Words of affirmation
- ♥ Quality time
- ♥ Acts of service
- ♥ Gift giving
- ♥ Physical touch

These 5 love languages aren't chosen by us; we develop them during our childhoods and keep forming them as we get older.

Ever wondered why you've felt unappreciated in some of your relationships and friendships? Have you gotten frustrated or upset by someone in your life not being 'loving enough'? You may just be communicating in different love languages!

The trick to fixing the communication breakdown is to work out what your 'giving' love language is and what your 'receiving' love language is, as these can sometimes be different. The next step is noticing what your loved one's love languages are and adapting to them as best you can.



- Chapter 2 -

What're your love languages?





## Words of Affirmation:

This is the expression of love through verbal communication that is supportive, encouraging, appreciative, and affirmative. It can be shown in written messages like cute notes hidden in a lunch box, pocket or on the fridge, a thoughtful text message, a carefully selected and written card on a birthday or a kindly worded email from a teacher or colleague. It's all about the sentiment behind the written or spoken message and what's said can be felt extremely deeply if this is your love language. Words are powerful!

## Quality Time:

If your love language is quality time, you feel the most loved, cherished, and prioritised when your loved ones spend meaningful time with you. It's the love language that is focussed on togetherness! Quality time is giving someone your undivided attention; it doesn't mean sitting on the sofa together watching Netflix, it's about genuine communication and time together that creates a connection between people. These moments often centre on making memories.

## Acts of Service:

Also described as a 'selfless act', this non-verbal form of love can be time-consuming and exhausting but if it's what your loved one needs it's usually worth the effort. These acts can be something as simple as making a cup of tea for a friend, cooking dinner for your parent or driving them to a hospital appointment. In other words, this language is about demonstrations of love, though doing something loving and helpful, that you know the person on the receiving end will appreciate. However, if you miss-judge and commit to an act of service for someone when this isn't their love language, you could be on the receiving end of an underwhelming reaction that disappoints you.

## Gift Giving:

This is all about showing affection through giving a thoughtful gift that you know the other person will appreciate. It's not about the items you give, it's about showing them the effort of choosing, making or finding the gift that's just right for them; proving that you are thinking of them, know them well and that you listen and care for them. Much like acts of service, if you don't get your love language right, you may be on the receiving end of a less than grateful reaction and this can be painful when so much effort went into choosing the perfect gift.

## Physical Touch:


This love language is non-verbal and focuses more on intimacy. It could be holding hands, laying your head on a loved one's shoulder, or a simple hug. This love language is born from us as little children, feeling safe, loved and comforted when we were having cuddles. However, this love language can be the most difficult to understand and the easiest to get wrong as no-one wants to be touched if they're not in the right frame of mind. This love language is ALL about communication and timing as it is the most intimate.



- Chapter 3 -

Love languages put into practice... An example





Katie and Alex, 04/02/2021



Katie's 'giving' love language: Words of affirmation

Katie's 'receiving' love language: Quality Time

Alex's 'giving' love language: Physical touch

Alex's 'receiving' love language: Physical touch

\*Notice how the giving and receiving language can be the same or different.

Alex's mum, Katie, shows Alex that she loves him by leaving a note in his pocket that says "I'm proud of you". Alex finds it on his way to school and feels awkward about it, so throws it away, not thinking about it again.

When Alex gets home from school Katie asks him if he found the note and Alex says it was weird; hurting Katie's feelings. Katie explains to Alex that she leaves him notes because she wants him to know she cares. Realising that he didn't appreciate the meaning behind the note, Alex feels bad so later that evening he cuddles up to his mum and they watch a movie. Katie realises that her son's love language is physical touch, so she appreciates the meaning behind the cuddle, and she also gets her 'quality time' need met.

The next morning, instead of leaving a note in Alex's pocket, Katie decides to give Alex a hug goodbye. Katie then walks into the kitchen and sees that Alex has pinned a note on the fridge that reads 'I love you, mum'.

When Katie and Alex had a better understanding of each other's love languages they made the choice to adapt their own ways of showing love. This meant that they could communicate their affection in a fair and understanding way, that is accommodating to the other's way of receiving affection, and in turn they both felt loved and appreciated.