

Love Languages

SlideShow by
Alycia Williams
www.faesit.com

Love Languages Overview

Love Language Test - How we best receive love

Test: Love Languages Test

Book: Love Languages, by Gary Chapman

About: The five Love Languages are how we best receive love. Typically, we have one or two dominate ways we receive love. However we receive love is usually how we give love.

Love Languages:

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: "What can I do for you?" "I will stop and get..." "Today, I did... for you." Making a checklist	Forgetting promises Over commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

Quality Time



The infographic is set against a textured, light brown background. At the top left, a yellow heart contains a small illustration of a bride and groom. The title 'THE 5 LOVE LANGUAGES' is written in a bold, sans-serif font. To the right, a quote by Gary Chapman is displayed. The main title 'QUALITY TIME' is in large, bold, black letters. Below it, a paragraph explains the concept. A list of examples is provided, followed by a yellow icon of a watch with a heart on its face. To the right of the icon, the phrase 'Love really is spelt T-I-M-E!' is written in blue. Below this, a section titled 'ACTIONS TO AVOID:' lists three items. On the left, a section titled 'A SUCCESSFUL QUALITY TIME ACTIVITY:' lists three numbered points. At the bottom right, there is a circular logo with a clock face and the words 'QUALITY TIME' around the perimeter. The footer contains a paragraph about Gary Chapman and a small line of text at the very bottom.

THE 5 LOVE LANGUAGES

"Love is a choice you make everyday."
- Gary Chapman

QUALITY TIME

Spending time together while being present and giving your full undivided attention. Turn off the televisions and put the phones away and be present.

Love really is spelt T-I-M-E!

ACTIONS TO AVOID:

- Distractions
- Postponed Dates
- Not Listening

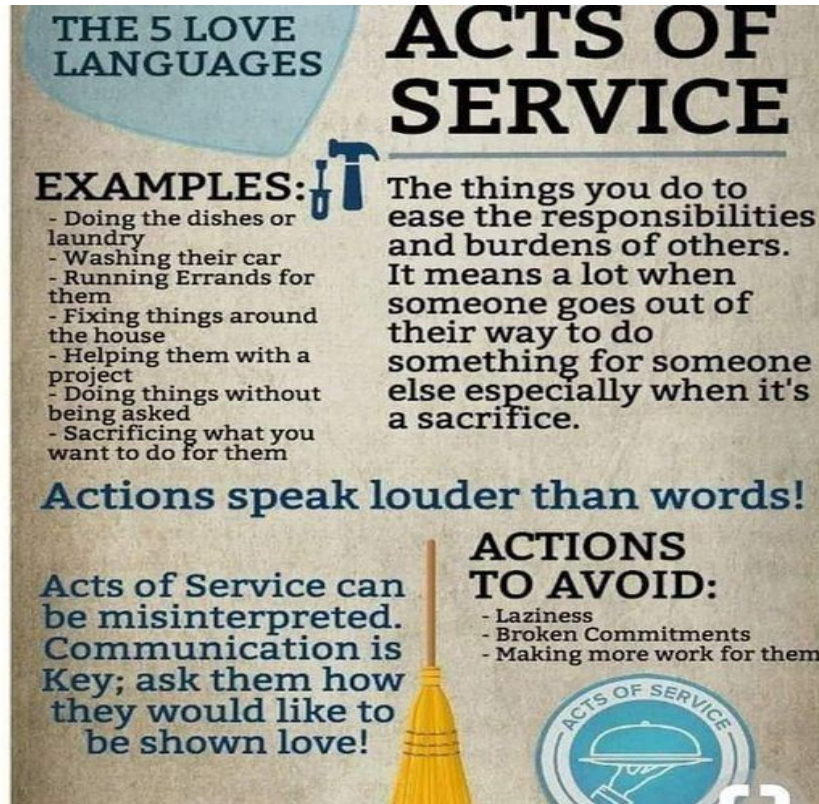
A SUCCESSFUL QUALITY TIME ACTIVITY:

- 1 One or both of you **WANT** to do it
- 2 The other person is **WILLING**
- 3 You both know that you are **EXPRESSING** your **LOVE** to each other through this activity

Best selling author, Gary Chapman, came up with concept of the 5 Love Languages and explains them in his best selling book, 'THE 5 LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS.'


Created by Tamara Nalder. Information paraphrased from Gary Chapman's website <http://www.5lovelanguages.com>

Acts of Service



THE 5 LOVE LANGUAGES

ACTS OF SERVICE

EXAMPLES: 

- Doing the dishes or laundry
- Washing their car
- Running Errands for them
- Fixing things around the house
- Helping them with a project
- Doing things without being asked
- Sacrificing what you want to do for them



The things you do to ease the responsibilities and burdens of others. It means a lot when someone goes out of their way to do something for someone else especially when it's a sacrifice.

Actions speak louder than words!

Acts of Service can be misinterpreted. Communication is Key; ask them how they would like to be shown love!

ACTIONS TO AVOID:

- Laziness
- Broken Commitments
- Making more work for them

Words of Affirmation

THE 5 LOVE LANGUAGES

WORDS OF AFFIRMATION

Expressing your love in sincere words and explaining the reasons why. Saying the words "I LOVE YOU" is important but sharing the reason behind why you love them is most important!

I LOVE YOU!

EXAMPLES:



- Saying "I love you"
- Telling them the reasons you love them
- Encouraging your spouse
- Tell others how great your spouse is
- Notes of appreciation and love
- Send loving text messages
- Compliments
- Acknowledge them when they do good

"I can live for two months on a good compliment!"
- Mark Twain

ACTIONS TO AVOID:

- Insults
- Criticism

SAY what you MEAN and MEAN what you SAY!





Physical Touch

THE 5 LOVE LANGUAGES

PHYSICAL TOUCH

EXAMPLES:

- Cuddling
- Holding hands
- Kissing
- Sexual Intimacy
- Touch them as you walk by
- Playing with their hair
- Rubbing their feet or back
- Massage
- Sitting close on the couch
- Any reassuring touch




Physical presence and accessibility are important. They love to receive hugs, pats on the back, hold hands and just be near others.

ACTIONS TO AVOID:

- Neglect
- Abuse of any kind

Touching with love can be an "emotional life-line" to reach your spouse.



Receiving Gifts

THE 5 LOVE LANGUAGES



EXAMPLES:

- Engagement ring
- Flowers
- Trinket with their favorite TV show, animal or band on it
- Memento from a meaningful date
- Bring home their favorite treat
- A trip to a place they've always wanted to go
- Anything they have ever talked about wanting
- The gift of yourself

The best gifts are the ones that are the most meaningful. If you struggle to know what gift to get then just ask! Ask their friends, ask their family members, ask them!

RECEIVING GIFTS

Gifts and gestures show that you are known, loved and cared for. They thrive on the thoughtfulness and effort behind a visual representation of love.

It's the thought that counts!



ACTIONS TO AVOID:

- Missing birthdays or anniversaries
- Thoughtless Gifts

