

LOVE LANGUAGES

UNDERSTANDING THE DIFFERENT METHODS OF LOVE COMMUNICATION TO STRENGTHEN RELATIONSHIPS.



SCAN QR CODE FOR MORE INFORMATION

1

WORDS OF AFFIRMATION

SENDING UNEXPECTED NOTES, TEXT MESSAGES, COMPLIMENTS, LETTERS, LETTING SOMEONE KNOW HOW MUCH THEY MEAN TO YOU THROUGH WRITTEN OR VERBAL METHODS.



2

ACTS OF SERVICE

DOING HELPFUL THINGS OR THOUGHTFUL DEEDS - DOING CHORES TOGETHER, TAKE OUT TRASH, CHANGE THE OIL IN THE CAR, VACUUM, FILL UP THE GAS TANK...JUST SMALL THINGS TO MAKE LIFE A LITTLE EASIER FOR THEM



3

PHYSICAL TOUCH

LOVE IS FELT THROUGH NON-SEXUAL TOUCH LIKE HUGGING, HIGH FIVES, CUDDLING, SITTING CLOSE, A TOUCH AS YOU PASS BY, KISSING, HOLDING HANDS, AND EXPRESSING YOUR FEELINGS THROUGH TOUCH



4

QUALITY TIME

GIVING YOUR ATTENTION TO ANOTHER PERSON, ACTIVE LISTENING AND MAKING TIME FOR LOVED ONES THROUGH THINGS LIKE WALKING, SHARING MEALS, GOING FOR A DRIVE. REMEMBER IT'S QUALITY OVER QUANTITY!



5

RECEIVING GIFTS

ENJOY SURPRISE GIFTS AND TANGIBLE SYMBOLS OF THOUGHTFULNESS - FROM PICKED WILDFLOWERS, GIFT CARDS, JEWELRY, TOOLS, CHOCOLATES, NEEDED SUPPLIES - IT'S THE THOUGHT THAT COUNTS!

