

## **The Five Love Languages**

Different people express love and receive love in different ways. Misunderstanding can occur if one person fails to express or receive love in a way that another intended. Though we have a primary love language, we can learn a second language so that our spouse's needs are met. It's all about giving a little here and there and accepting that our spouse's preferred channel may be different from ours.

### **Quality Time (31.4%)**

This can be expressed either through those intimate tête-à-tête discussions or via doing things together.

- I get lonely and begin to feel uncared about if I can't hang out with someone I love.
- I feel complete when I spend time with people I love.
- I show people I care by being with them.
- I expect others who care about me to spend their time with me.

### **Words of Affirmation (27.0%)**

You need to hear praise to know you are loved, and you may also prefer to express your affection verbally.

- Negative comments cut right to the bone.
- You want to hear that you're loved and how much and why.
- I find that another's criticism really, really hurts.
- I tell those whom I love that I love them. That's sufficient for me.
- I feel like I need compliments, so sometimes I "fish" for them.
- I feel like "a million bucks" when I get sincere praise.

### **Acts of Service (19.2%)**

You prefer to show your love through favours and chores and doing things for others. You feel put-upon and unappreciated when your efforts are taken for granted.

- I often feel special, significant, and useful when I help others.
- I often feel upset when others don't help me out, much less offer to do anything.
- I show affection by doing things for other people.
- I don't usually ask for help, but when someone does something for me, I feel really cherished.

### **Physical Touch (17.6%)**

You want to give and/or receive affection physically. This may or may not centre on sex.

- I give and expect in return hugs, pats, kisses, and other physical signs of affection.
- I feel especially warm and appreciated when another touches me in a meaningful way.
- I can feel awful about myself when people I love don't touch me.
- I like to show my feelings physically.

### **Receiving Gifts (4.7%)**

Presents and physical tokens of affection move you. It's the fact that someone is thinking about you enough to give you something that moves you. The objects are of secondary importance to the relationship and sentiment with which they were intended.

- I tend to give others things to express my feelings about them.
- I feel so good when I receive a present from someone... or even just get a freebie.
- I can feel quite depressed when I don't get a gift, especially when I expected one.
- I would rather get a reward than extravagant applause.

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