



## **“5 love languages” taken from Gary Chapman’s book of the same name.**

*In any relationship, each person will have a preference for the way they receive expressions of love. Because this is their own preference, they will assume that is what their partner wants too. Often, when things go wrong in couples, the partners are bewildered that their gifts to the other person are not appreciated and that their longing to be shown love (in the chosen language) is not discerned by the other person and automatically given.*

*Think about the list of love languages below: what are your preferences (there will probably be one or two that stand out from the rest). How does this compare with what you know of your partner’s preferences? If you gave your partner what you know s/he understands as love, and asked for what you need in your own language of love, what do you think would happen?*

1. Words of affirmation, support and encouragement
2. Quality time: focusing on what the other likes to do, listening and paying attention
3. Gifts – money and other tangible signs of giving things the other person wants
4. Acts of service, chores and things the other person appreciates
5. Physical touch – finding out how your partner likes to be touched.