

The Five Love Languages

The five love languages refer to five ways that we communicate to, and need love, from each other. Though we have a tendency toward one or two ways of communicating love, we can and do use all five of them. Understanding the love languages will help you feel more loved and help you communicate love to others in a meaningful way to them.

1. **WORDS**- This method employs the use of words to communicate love. This can come in the form of lengthy conversations to brief comments of affirmation and encouragement to simply saying "I love you." These people may see that other people love them but if it is not spoken out loud they have a hard time knowing this for sure and will often feel neglected. These people also take the words very seriously. Their word is the truth and their bond.

2. **QUALITY TIME**- The important element in this language is time spent together. This can be in the form of dates and outings to just hanging out in front of the tv together. The time does not necessarily need to be spent productively. To foster any relationship you must spend time together, but this person more than others craves the time spent. This person often feels neglected by loved ones who are busy and make excuses. They feel if you really love them you will make the time to be around them.

3. **GIFTS**- This method employs the use of gifts to communicate love. These gifts can be handmade or store bought, ranging from cards and flowers to expensive gifts like cars and jewelry. These people often have many sentimental keepsakes as gifts are precious to them. They may also spend a good deal of time picking out the "right" gift, or spend a good deal of time wrapping the gift perfectly because this is part of the gift giving process. Because they know exactly what everybody else wants they may expect you to know what they want without being told, and may feel neglected by cheapskates or gifts given with little thought or sentimentality.

4. **ACTS OF SERVICE**- This method requires acts of sacrifice to communicate love. This can be anything from building them cabinets, doing chores, to helping them across the street- anything to make their lives easier. These people appreciate the effort spent not necessarily the finished project. These people often feel neglected when they have to nag their loved ones into doing things for them.

5. **TOUCH**- this method employs physical contact to communicate love. This can be anything from a handshake, a hug, a backrub, to sex. This language may manifest itself into people who are "touchy feely" and must touch the person they are near to know they are real, to people who are extremely picky about who touches them, when, how, and why. These people will often feel neglected when they are touch deprived.