



The Five Love Languages

By Gary Chapman

Love Language #1: Words of Affirmation

Verbal compliments, or words of appreciation, are powerful communicators of love. They are best expressed in simple straight forward statements of affirmation such as:

- “You look sharp in that suit.”
- “Do you ever look nice in that dress! Wow!”
- “You must be the best potato cook in the world. I love these potatoes.”
- “I really appreciate you washing the dishes tonight.”
- “Thanks for getting the babysitter lined up tonight. I want you to know that I don’t take that for granted.”
- “I really appreciate you taking the garbage out.”



Love Language #2: Quality Time

Quality time means giving someone your undivided attention. It does not mean sitting on the couch watching television together. What it does mean is sitting on the couch with the television off, looking



at each other and talking, giving each other your undivided attention. It means taking a walk, just the two of you, or going out to eat and looking at each other and talking. When you give your partner twenty minutes of undivided attention, you are giving he/she twenty minutes of life; it is a powerful emotional communicator of love.

Quality activities may include such activities as putting around in the garden, visiting flea markets, shopping for antiques, listening to music, picnicking together, taking long walks, or washing the car together on a hot summer day. The essential ingredients in a quality activity are: (1) at least one of you wants to do it, (2) the other is willing to do it, (3) both of you know why are doing it – to express love by being together.

A crucial part to quality time is engaging in quality conversation or sympathetic dialogue. Sympathetic dialogue is where two people are sharing their experiences, thoughts, feelings, and desires in a friendly, uninterrupted context. Quality conversation focuses on what we are hearing. If I am spending time in quality conversation, it means I will focus on drawing you out, listening sympathetically to what you

Source: “The Five Love Languages” by Gary Chapman

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have to say. I will ask questions, not in a badgering manner but with a genuine desire to understand your thoughts, feelings, and desires.

Love Language #3: Receiving Gifts

A gift is something you can hold in your hand and say, "Look, he was thinking of me," or "She remembered me." You must be thinking of someone to give him/her a gift. The gift itself is a visual symbol of thought and love. It doesn't matter whether it costs money. What is important is that you thought of him/her. And it is not the thought implanted only in the mind that counts, but the thought expressed in actually securing the gift and giving it as the expression of love.



Love Language #4: Acts of Service

Acts of service mean doing things you know your partner would like you to do. You seek to please your partner by serving him/her. Such actions as cooking a meal, setting a table, washing dishes, vacuuming, cleaning a bathroom, getting hairs out of the sink, getting bugs off the windshield, taking out the garbage, changing the baby's diaper, painting a bedroom, dusting the bookcase, keeping the car in operating condition, cleaning the garage, mowing the grass, trimming the shrubs, dusting the blinds, walking the dog, and changing the cat's litter box are all acts of service. They require thought, planning, time, effort, and energy. If done with a positive spirit, they are indeed expressions of love.



Love Language #5: Physical Touch



Physical touch is a powerful vehicle for communicating love. Holding hands, kissing, embracing, and sexual intercourse are all ways of communicating emotional love to one's partner. Implicit love touches may require little time but do require thought. Sitting close to each other on the couch as you watch your favorite television program, touching your partner as you walk through the room where he/she is sitting, touching each other when you leave the house and again when you return with a brief kiss and/or hug may only take a moment but can speak volumes to your partner.

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