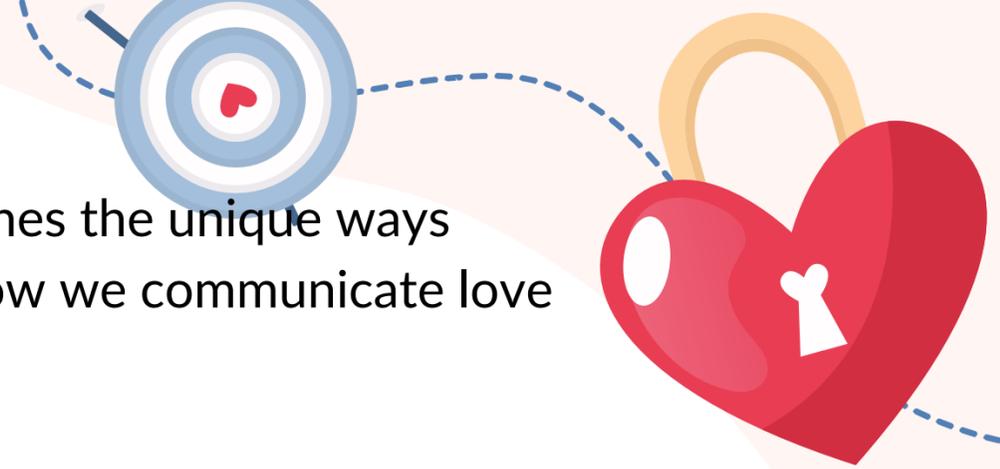


The background is a light peach color with various decorative elements. In the top left, there are blue leafy branches with red hearts and arrows. In the top right, there is a blue target with a red heart in the center and a large red heart with a white keyhole. In the bottom left, there are two champagne flutes filled with red liquid and a blue envelope with a red heart on it. In the bottom right, there are more blue leafy branches with red hearts and arrows. The title '5 LOVE LANGUAGES' is centered in a large, bold, black font, with the word 'LOVE' in red and the 'O' being a red heart shape.

# 5 LOVE LANGUAGES

Gary Chapman, *The 5 Love Languages*

MARRIAGE  
*support group*



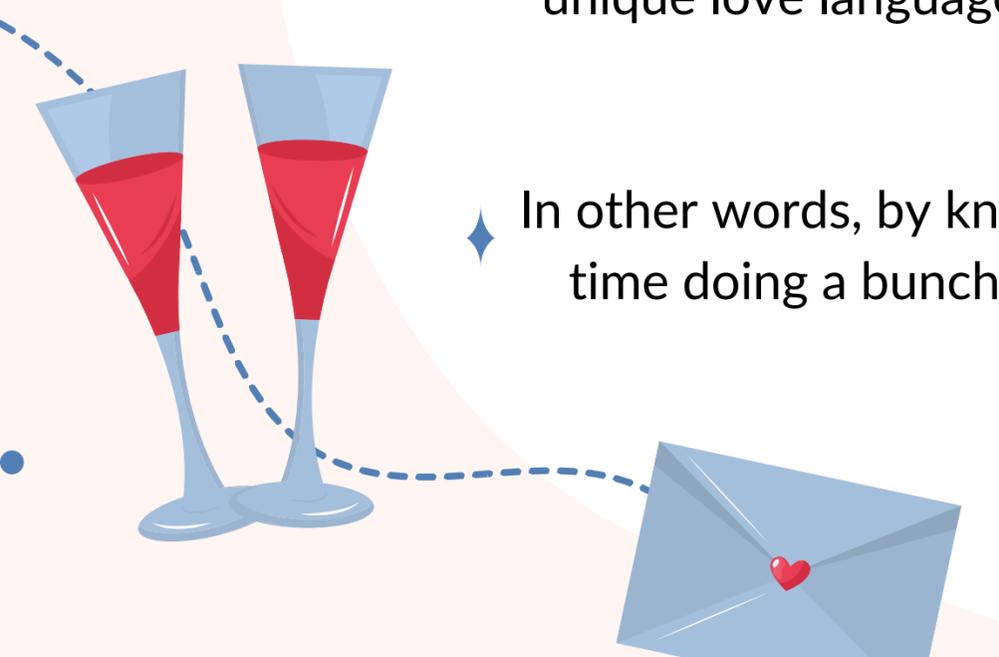
The 5 Love Languages, a concept introduced by Dr. Gary Chapman, outlines the unique ways individuals express and perceive love. These languages provide insight into how we communicate love and how we prefer to receive it.

So, why does understanding love languages matter?

Just as different cultures have distinct languages, understanding love languages improves our communication in relationships, and helps us express our feelings in a way that truly resonates with our partner.

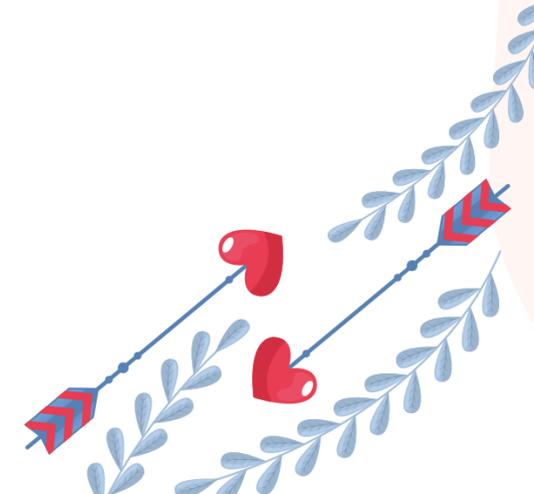
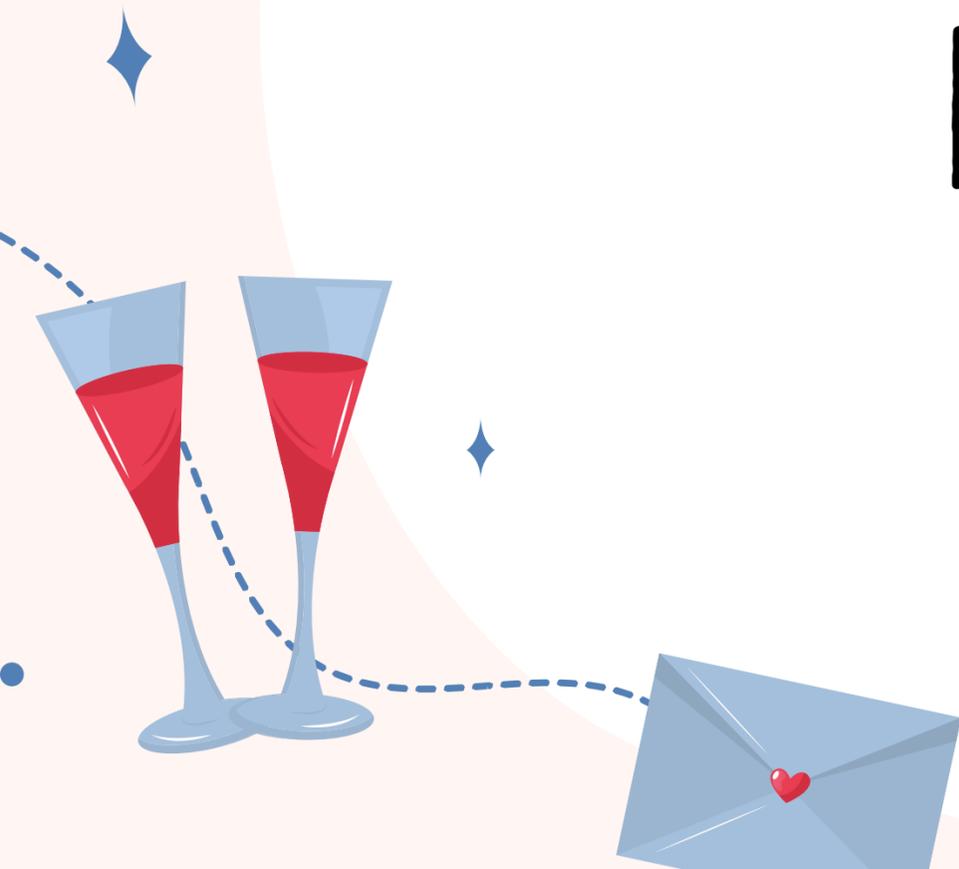
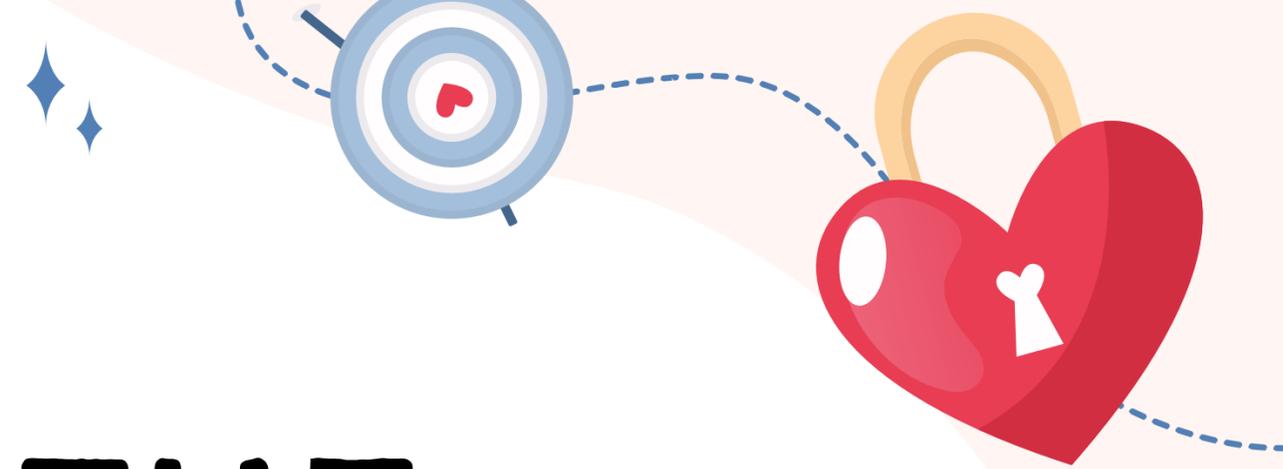
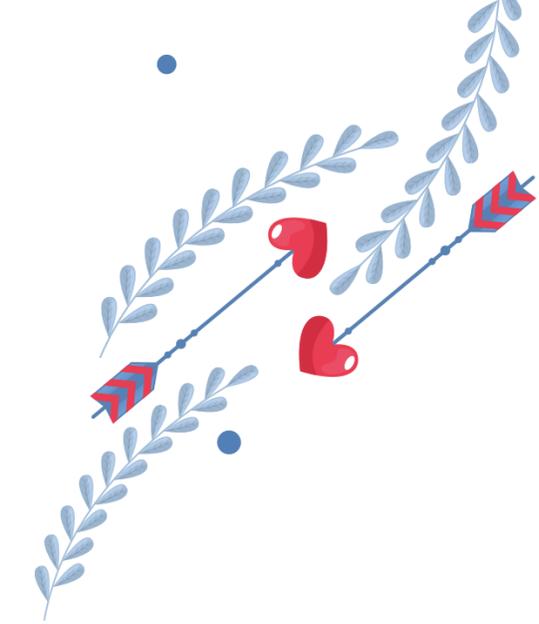
Have you ever felt like you were expressing love but not receiving it in return? Understanding love languages helps us bridge that gap.

We are all unique and each person feels loved in different ways. By recognizing and appreciating the unique love language of our partner, we can strategically choose how to express our love to make it more meaningful and impactful to our spouse.



In other words, by knowing our spouse's love language, and choosing to speak it, we can stop wasting time doing a bunch of stuff we HOPE makes them feel good, and instead focus on the things that actually do.

# WHAT ARE THE 5 LOVE LANGUAGES?

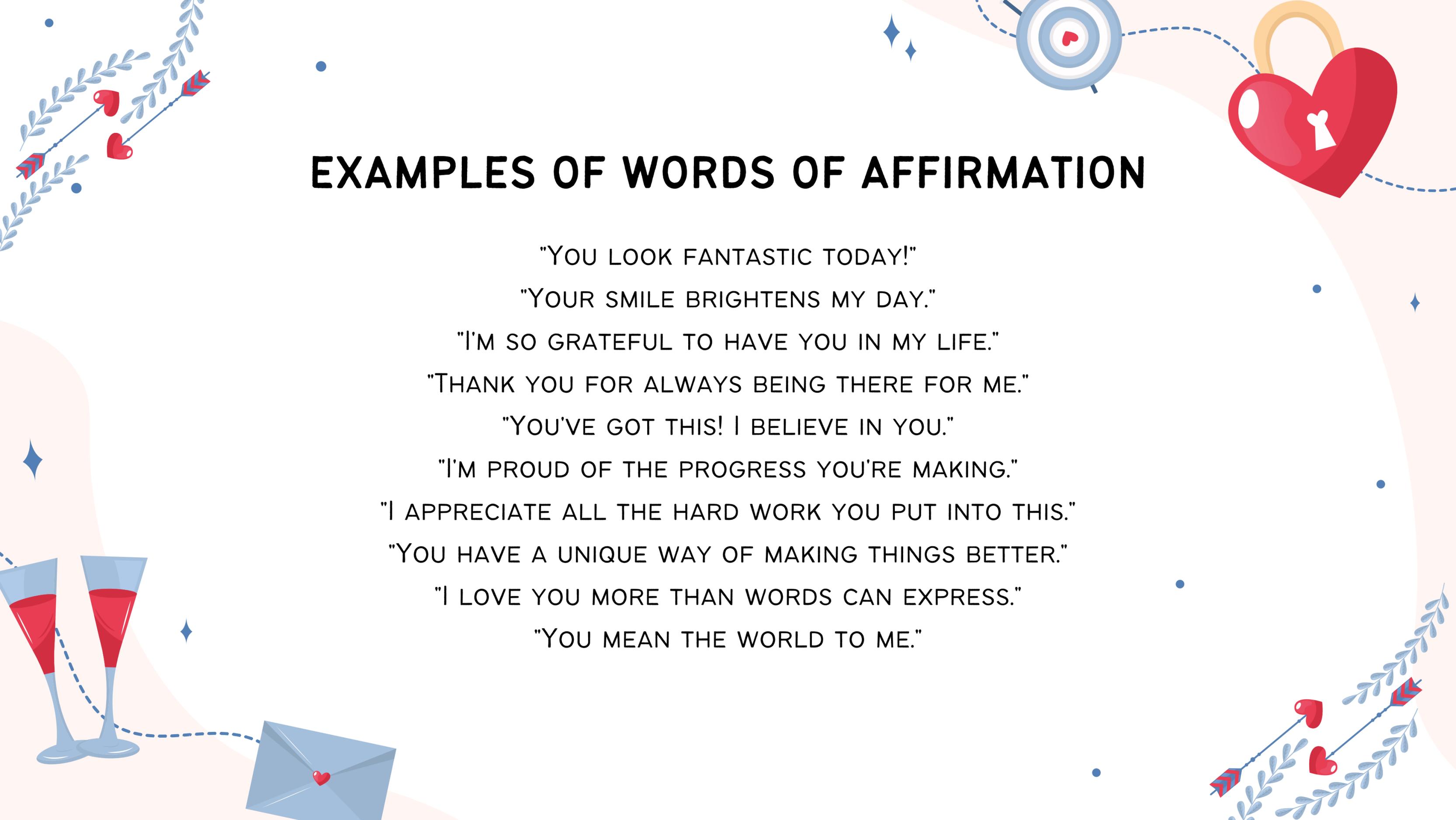


# WORDS OF AFFIRMATION



VERBAL AND WRITTEN COMPLIMENTS,  
UNEXPECTED PRAISE AND RECOGNITION.





# EXAMPLES OF WORDS OF AFFIRMATION

"YOU LOOK FANTASTIC TODAY!"

"YOUR SMILE BRIGHTENS MY DAY."

"I'M SO GRATEFUL TO HAVE YOU IN MY LIFE."

"THANK YOU FOR ALWAYS BEING THERE FOR ME."

"YOU'VE GOT THIS! I BELIEVE IN YOU."

"I'M PROUD OF THE PROGRESS YOU'RE MAKING."

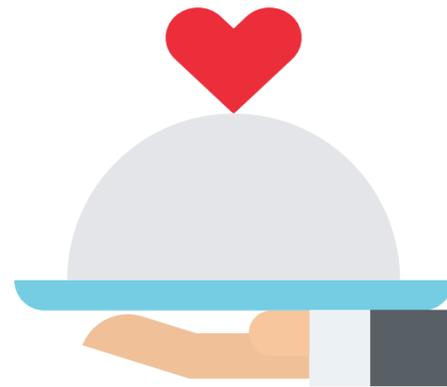
"I APPRECIATE ALL THE HARD WORK YOU PUT INTO THIS."

"YOU HAVE A UNIQUE WAY OF MAKING THINGS BETTER."

"I LOVE YOU MORE THAN WORDS CAN EXPRESS."

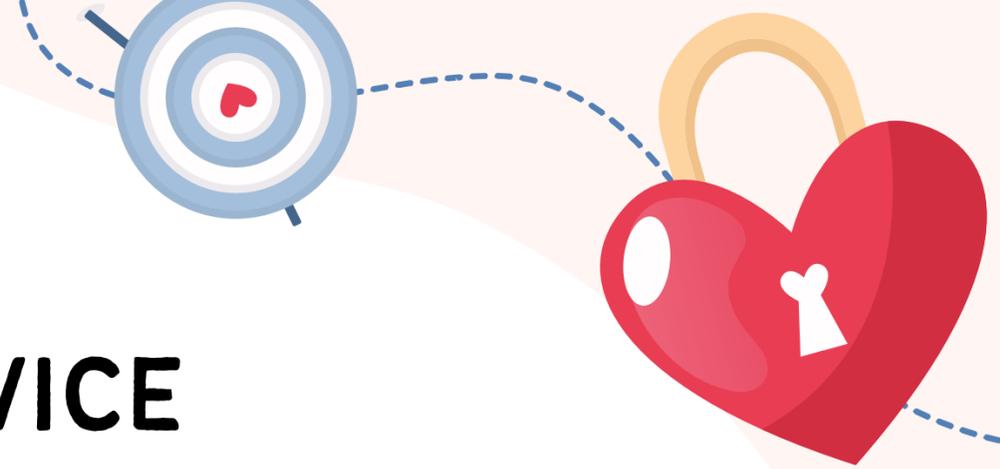
"YOU MEAN THE WORLD TO ME."

# ACTS OF SERVICE



DOING THINGS FOR OTHER PEOPLE  
THAT BRINGS THEM JOY.





# EXAMPLES OF ACTS OF SERVICE

DOING THE DISHES WITHOUT BEING ASKED.

PREPARING A SURPRISE MEAL FOR YOUR PARTNER.

TAKING CARE OF HOUSEHOLD CHORES OR ERRANDS.

HELPING WITH CHILDCARE RESPONSIBILITIES.

OFFERING TO RUN AN IMPORTANT ERRAND FOR SOMEONE.

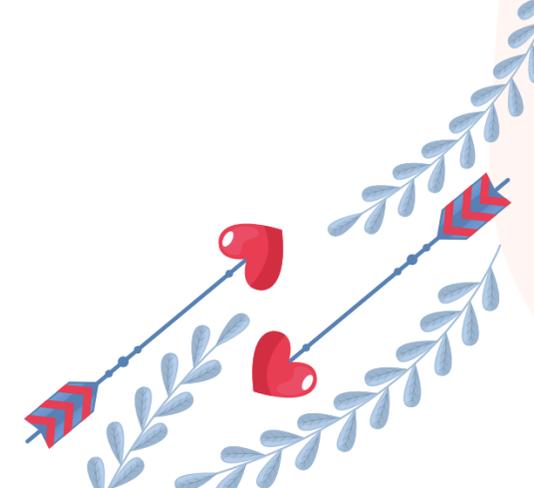
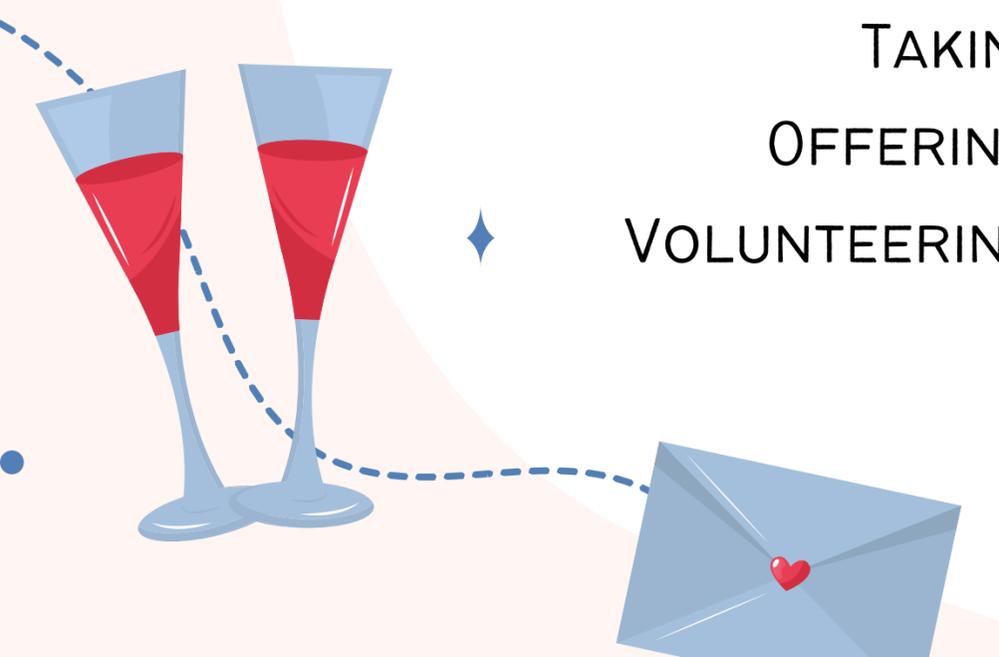
ASSISTING WITH ORGANIZING OR DECLUTTERING SPACES.

HANDLING A TASK OR PROJECT YOUR FRIEND FINDS CHALLENGING.

TAKING CARE OF SOMEONE'S PET WHILE THEY ARE AWAY.

OFFERING TO PICK UP GROCERIES FOR A BUSY FAMILY MEMBER.

VOLUNTEERING TO HELP A NEIGHBOUR WITH A HOME IMPROVEMENT TASK.

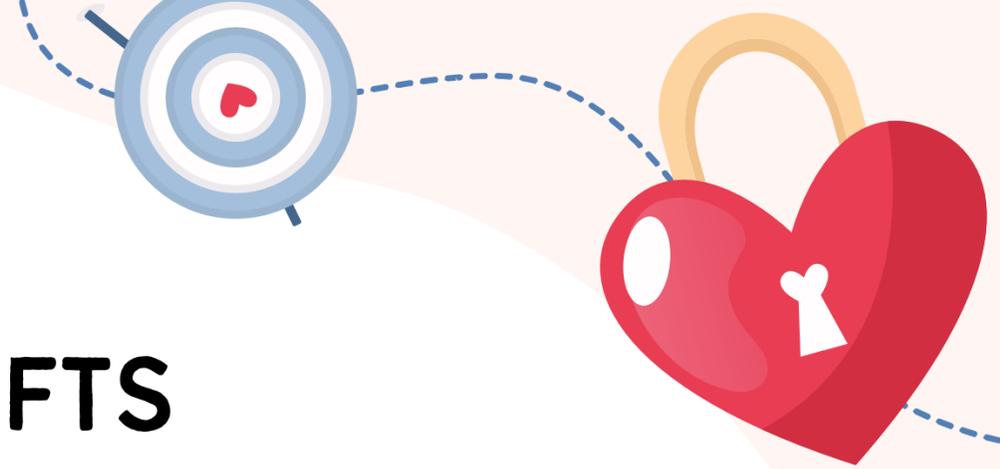


# RECEIVING GIFTS



EXPRESSING AFFECTION THROUGH  
MEANINGFUL GIFTS OR TANGIBLE SYMBOLS OF  
THOUGHTFULNESS AND EFFORT.





# EXAMPLES OF RECEIVING GIFTS

SURPRISING SOMEONE WITH THEIR FAVORITE BOOK.

GIVING A PERSONALIZED PIECE OF JEWELRY OR ACCESSORY.

OFFERING A HANDMADE OR DIY GIFT THAT REFLECTS THEIR INTERESTS.

PURCHASING TICKETS TO A CONCERT OR EVENT THEY'VE BEEN EXCITED ABOUT.

SELECTING A MEANINGFUL ITEM THAT HOLDS SENTIMENTAL VALUE.

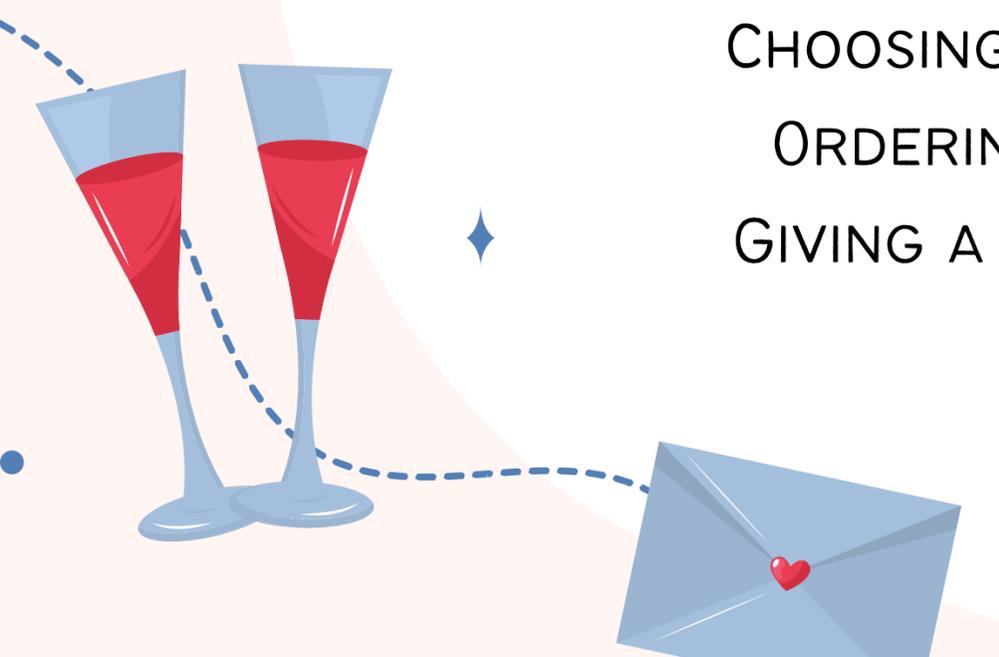
SENDING A CARE PACKAGE WITH THEIR FAVORITE TREATS AND GOODIES.

GETTING A CUSTOM PIECE OF ARTWORK OR A FRAMED PHOTOGRAPH.

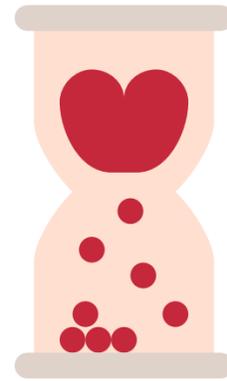
CHOOSING A THOUGHTFUL ITEM THAT ALIGNS WITH THEIR HOBBIES.

ORDERING A SUBSCRIPTION BOX TAILORED TO THEIR INTERESTS.

GIVING A UNIQUE ITEM THAT REMINDS YOU OF A SHARED MEMORY.

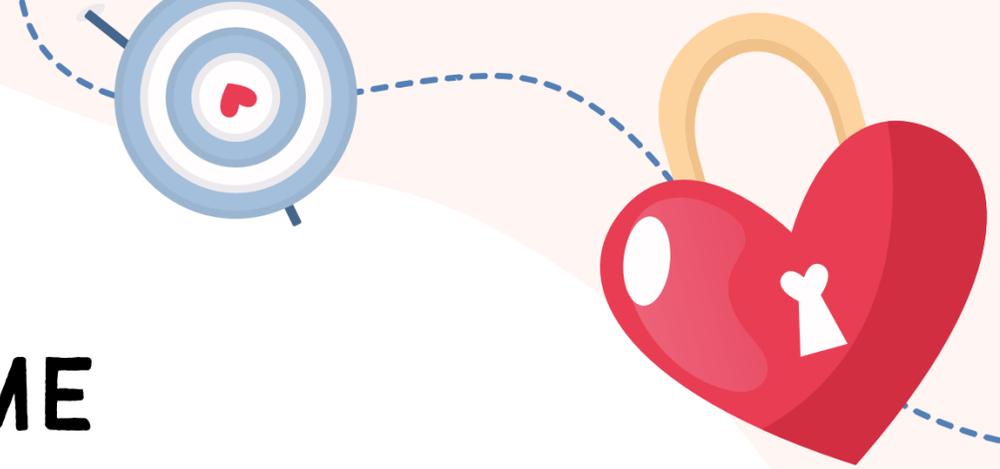


# QUALITY TIME



GIVING YOUR ATTENTION TO ANOTHER  
PERSON, ACTIVE LISTENING AND MAKING  
TIME FOR LOVED ONES.





# EXAMPLES OF QUALITY TIME

HAVING A MEANINGFUL CONVERSATION OVER DINNER.

GOING FOR A LEISURELY WALK TOGETHER.

ENJOYING A QUIET EVENING OF STARGAZING.

PLAYING A BOARD GAME OR CARD GAME TOGETHER.

TAKING A SPONTANEOUS ROAD TRIP OR WEEKEND GETAWAY.

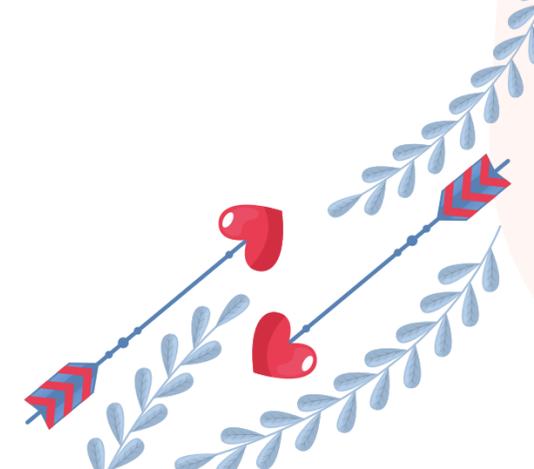
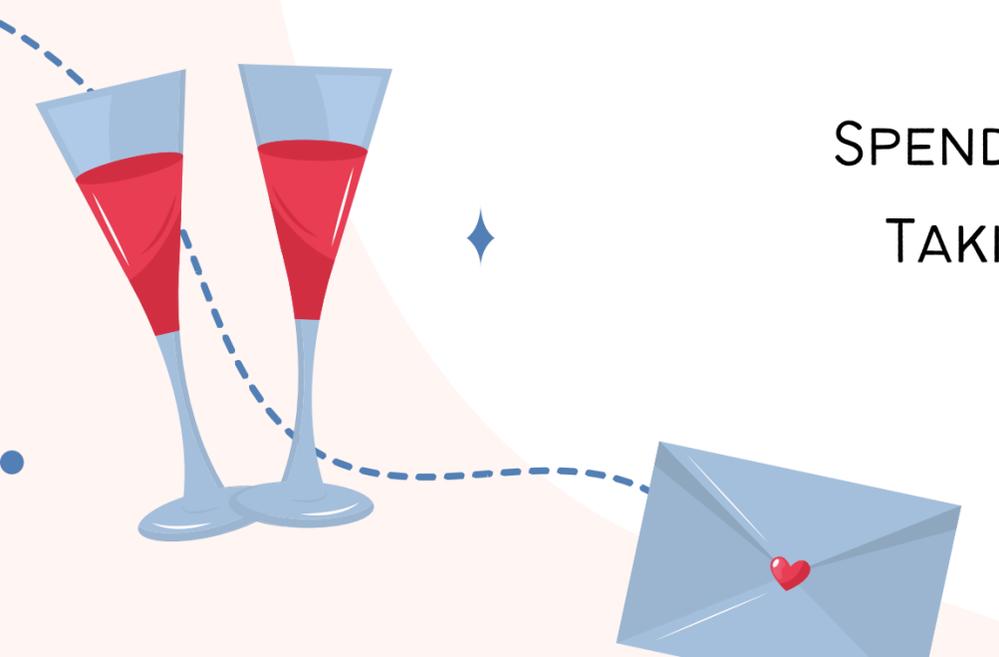
ATTENDING A LIVE PERFORMANCE OR EVENT AS A COUPLE.

COOKING A MEAL TOGETHER AND SAVORING THE PROCESS.

HAVING A TECH-FREE DATE NIGHT AT HOME.

SPENDING A COZY AFTERNOON READING BOOKS TOGETHER.

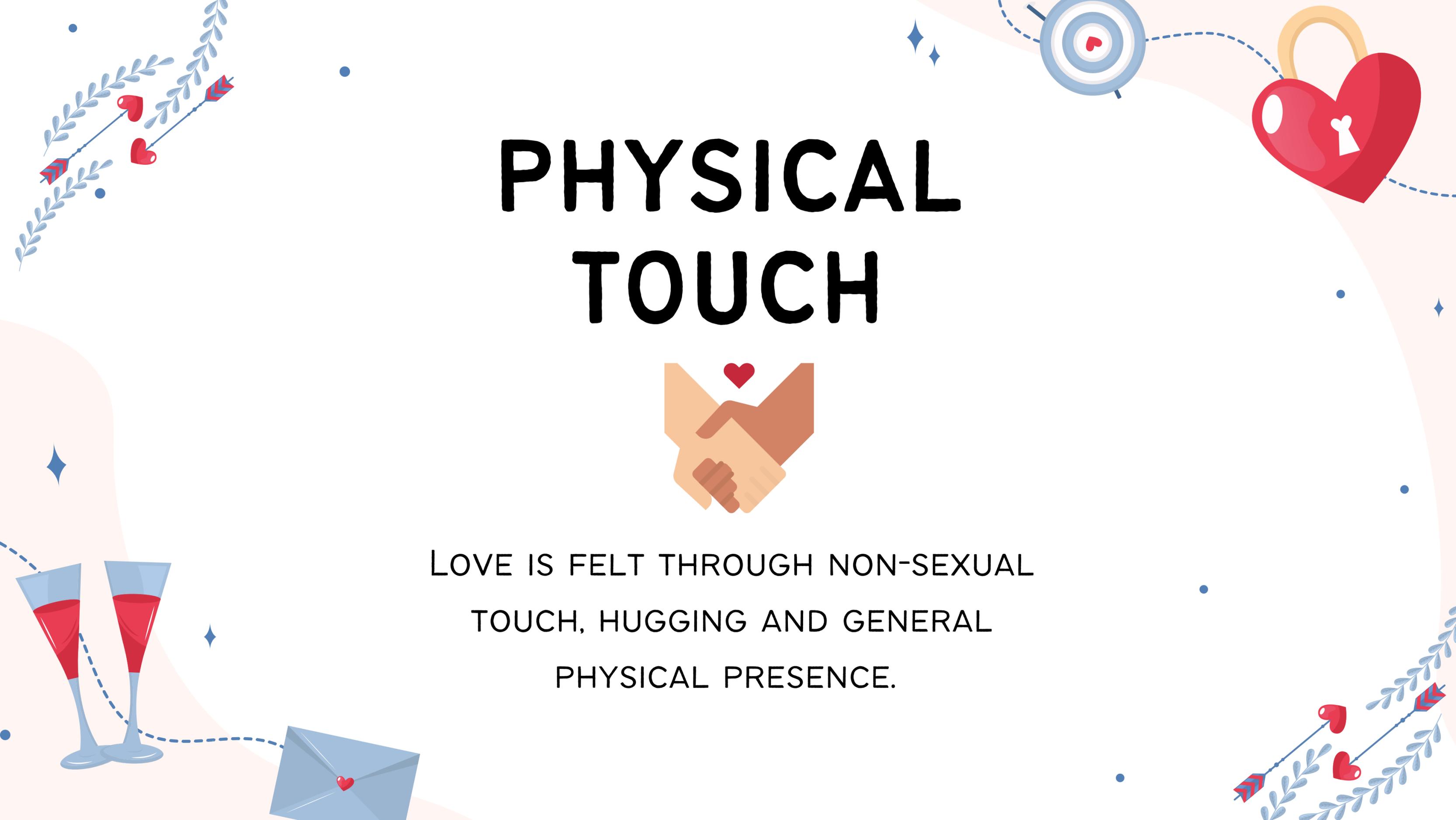
TAKING A CLASS OR WORKSHOP AS A SHARED ACTIVITY.

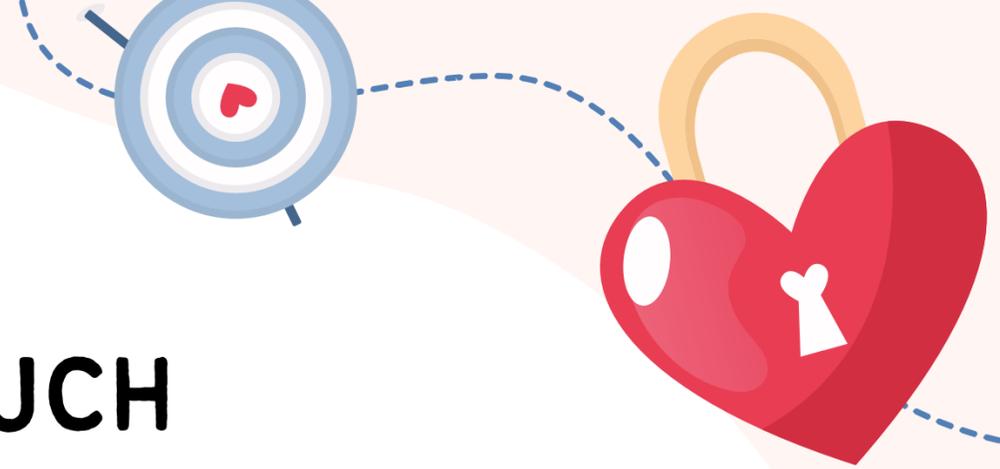


# PHYSICAL TOUCH



LOVE IS FELT THROUGH NON-SEXUAL TOUCH, HUGGING AND GENERAL PHYSICAL PRESENCE.





# EXAMPLES OF PHYSICAL TOUCH

HOLDING HANDS WHILE TAKING A WALK.

OFFERING A WARM HUG AFTER A LONG DAY.

SNUGGLING ON THE COUCH WHILE WATCHING A MOVIE.

PLAYFULLY PATTING SOMEONE ON THE BACK.

GIVING A COMFORTING SHOULDER SQUEEZE.

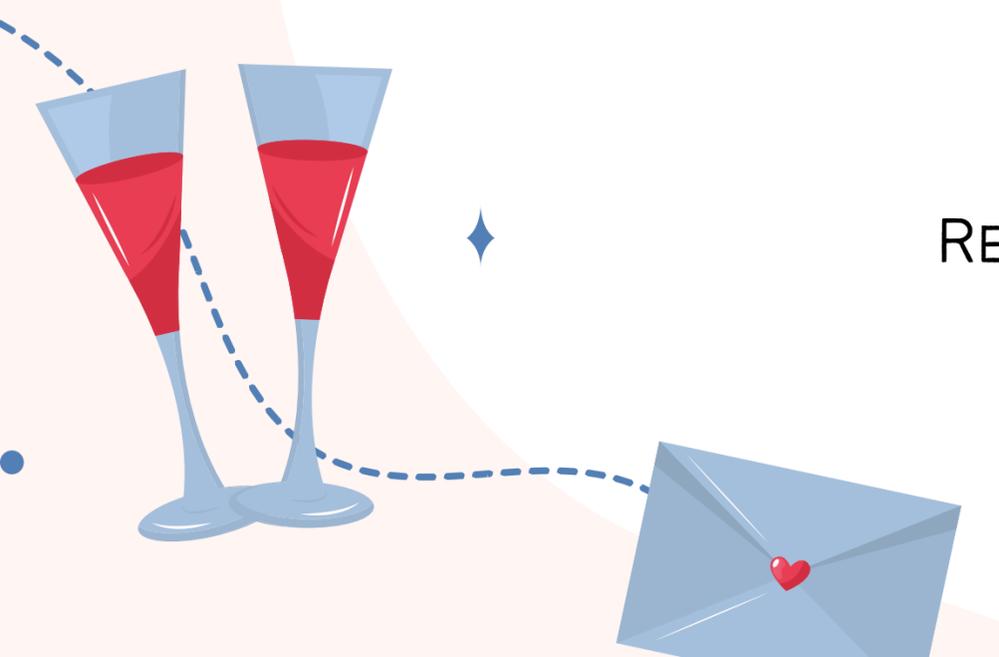
HOLDING HANDS OR LINKING ARMS IN PUBLIC.

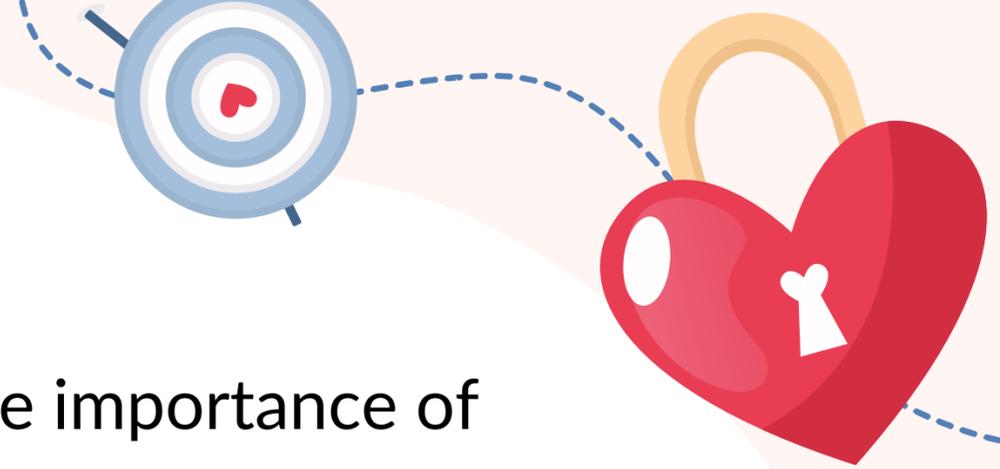
OFFERING A GENTLE CARESS ON THE CHEEK.

HOLDING HANDS WHILE SITTING TOGETHER.

ENGAGING IN A FRIENDLY HIGH-FIVE.

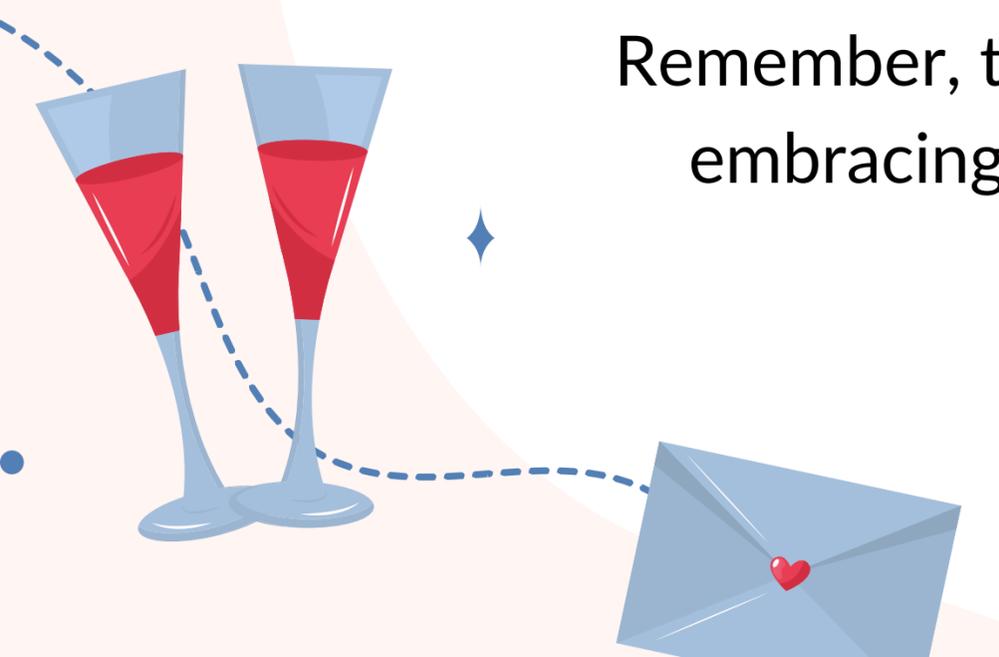
RESTING YOUR HEAD ON A LOVED ONE'S SHOULDER.



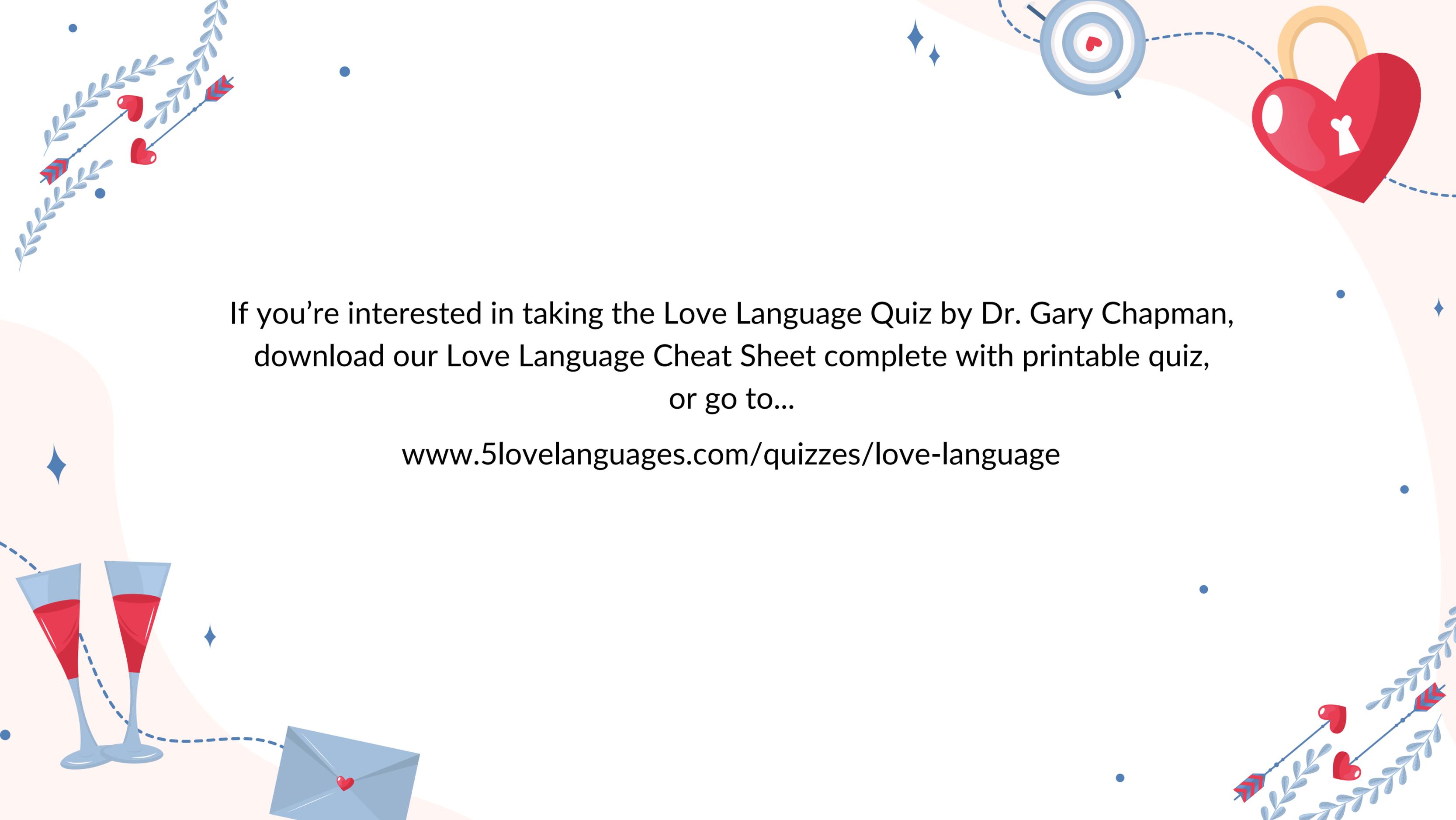


As we wrap up the 5 love languages, I want to stress the importance of accepting we are all unique and all have different love languages so we must take time to listen to our spouses, as well as understand, and express ourselves.

Whether it's a simple "thank you," a helping hand, a thoughtful gift, a planned date night, or a warm embrace, let's apply the love languages in our daily interactions.



Remember, the beauty lies in the diversity of these languages, and by embracing them, we open doors to deeper connections, genuine understanding, and a world filled with love.

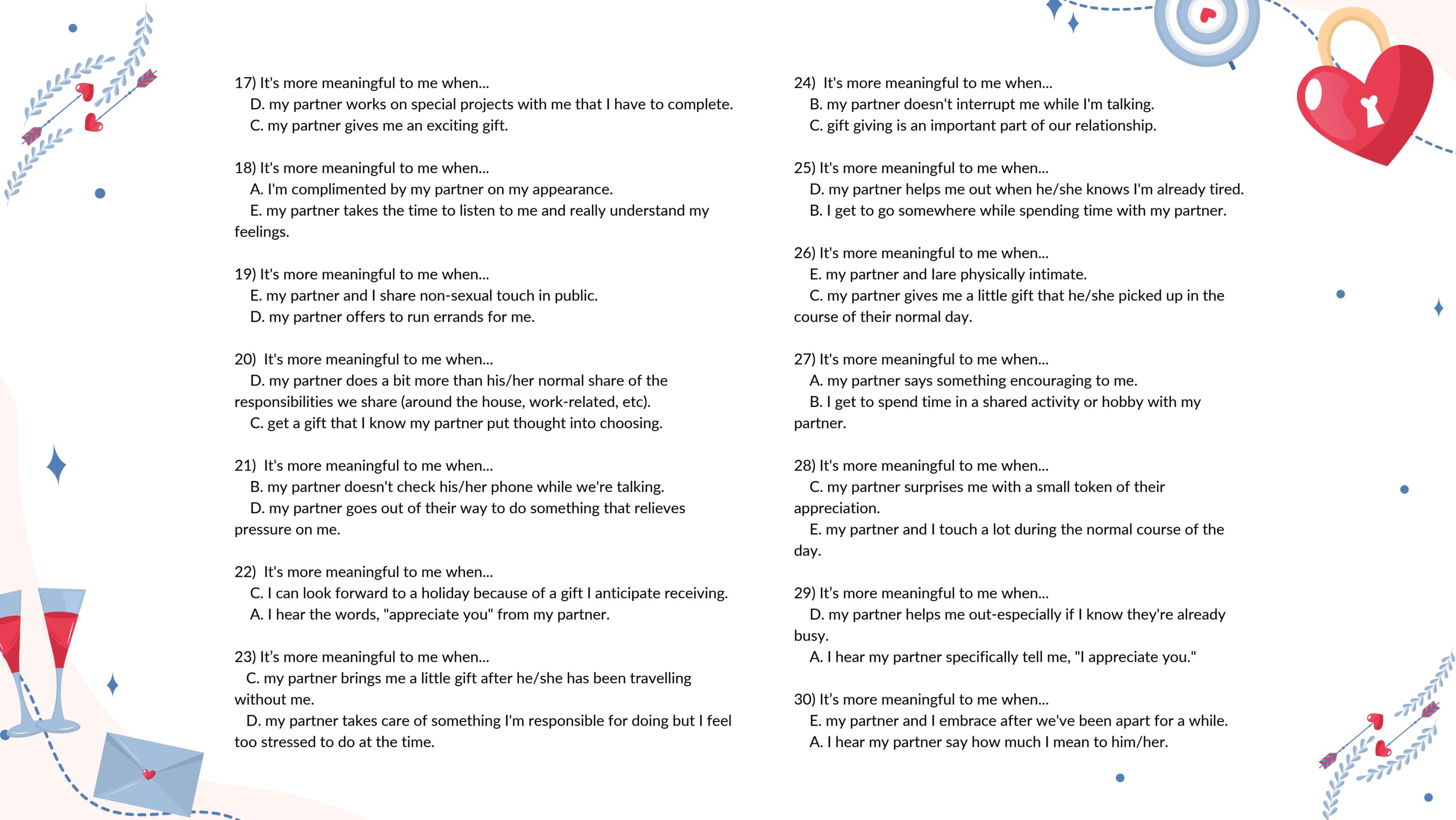


If you're interested in taking the Love Language Quiz by Dr. Gary Chapman,  
download our Love Language Cheat Sheet complete with printable quiz,  
or go to...

[www.5lovelanguages.com/quizzes/love-language](http://www.5lovelanguages.com/quizzes/love-language)

# LOVE LANGUAGE PERSONAL QUIZ FOR COUPLES

- 1) It's more meaningful to me when...
  - A. I receive a loving note/text/email for no special reason from my loved one.
  - E. my partner and I hug.
- 2) It's more meaningful to me when...
  - B. I can spend alone time with my partner (just the two of us)
  - D. my partner does something practical to help out.
- 3) It's more meaningful to me when...
  - C. my partner gives me a little gift as a token of our love for each other.
  - B. I get to spend uninterrupted leisure time with my partner.
- 4) It's more meaningful to me when...
  - D. my partner unexpectedly does something for me like filling my car or doing the laundry.
  - E. my partner and I touch.
- 5) It's more meaningful to me when...
  - E. my partner puts his/her arm around me when we're in public.
  - C. my partner surprises me with a gift.
- 6) It's more meaningful to me when...
  - B. I'm around my partner, even if we're not really doing anything.
  - E. I hold hands with my partner.
- 7) It's more meaningful to me when...
  - C. my partner gives me a gift.
  - A. I hear "I love you" from my partner.
- 8) It's more meaningful to me when...
  - E. I sit close to my partner.
  - A. I am complimented by my loved one for no apparent reason.
- 9) It's more meaningful to me when...
  - B. I get the chance to just "hang out" with my partner.
  - C. I unexpectedly get small gifts from my partner.
- 10) It's more meaningful to me when...
  - A. I hear my partner tell me, "I'm proud of you."
  - D. my partner helps me with a task.
- 11) It's more meaningful to me when...
  - B. I get to do things with my partner.
  - A. hear supportive words from my partner.
- 12) It's more meaningful to me when...
  - D. my partner does things for me instead of just talking about doing nice things.
  - E. I feel connected to my partner through a hug.
- 13) It's more meaningful to me when...
  - A. I hear praise from my partner.
  - C. my partner gives me something that shows he/she was really thinking about me.
- 14) It's more meaningful to me when...
  - B. I'm able to just be around my partner.
  - E. I get a back rub or massage from my partner.
- 15) It's more meaningful to me when...
  - A. my partner reacts positively to something I've accomplished.
  - D. my partner does something for me that I know they don't particularly enjoy.
- 16) It's more meaningful to me when...
  - E. my partner and I kiss frequently.
  - B. I sense my partner is showing interest in the things I care about.



17) It's more meaningful to me when...

- D. my partner works on special projects with me that I have to complete.
- C. my partner gives me an exciting gift.

18) It's more meaningful to me when...

- A. I'm complimented by my partner on my appearance.
- E. my partner takes the time to listen to me and really understand my feelings.

19) It's more meaningful to me when...

- E. my partner and I share non-sexual touch in public.
- D. my partner offers to run errands for me.

20) It's more meaningful to me when...

- D. my partner does a bit more than his/her normal share of the responsibilities we share (around the house, work-related, etc).
- C. get a gift that I know my partner put thought into choosing.

21) It's more meaningful to me when...

- B. my partner doesn't check his/her phone while we're talking.
- D. my partner goes out of their way to do something that relieves pressure on me.

22) It's more meaningful to me when...

- C. I can look forward to a holiday because of a gift I anticipate receiving.
- A. I hear the words, "appreciate you" from my partner.

23) It's more meaningful to me when...

- C. my partner brings me a little gift after he/she has been travelling without me.
- D. my partner takes care of something I'm responsible for doing but I feel too stressed to do at the time.

24) It's more meaningful to me when...

- B. my partner doesn't interrupt me while I'm talking.
- C. gift giving is an important part of our relationship.

25) It's more meaningful to me when...

- D. my partner helps me out when he/she knows I'm already tired.
- B. I get to go somewhere while spending time with my partner.

26) It's more meaningful to me when...

- E. my partner and I are physically intimate.
- C. my partner gives me a little gift that he/she picked up in the course of their normal day.

27) It's more meaningful to me when...

- A. my partner says something encouraging to me.
- B. I get to spend time in a shared activity or hobby with my partner.

28) It's more meaningful to me when...

- C. my partner surprises me with a small token of their appreciation.
- E. my partner and I touch a lot during the normal course of the day.

29) It's more meaningful to me when...

- D. my partner helps me out-especially if I know they're already busy.
- A. I hear my partner specifically tell me, "I appreciate you."

30) It's more meaningful to me when...

- E. my partner and I embrace after we've been apart for a while.
- A. I hear my partner say how much I mean to him/her.

# RESULTS

Now go back and count the number of times you circled each individual letter and write that number in the appropriate blank below.

A: \_\_\_\_\_ WORDS OF AFFIRMATION

B: \_\_\_\_\_ QUALITY TIME

C: \_\_\_\_\_ RECEIVING GIFTS

D: \_\_\_\_\_ ACTS OF SERVICE

E: \_\_\_\_\_ PHYSICAL TOUCH

Which love language received the highest score?

This is your primary love language. If point totals for two love languages are equal, you are "bilingual" and have two primary love languages. If you have a secondary love language or one that is close in score to your primary love language, this means that both expressions of love are important to you.

The highest possible score for any single love language is 12.

Knowing the love languages is powerful, but knowing how they work in your relationship is a game changer.