

Love Languages

Love languages are the ways people show and receive love. When you and your partner use different languages, it can be difficult to communicate your feelings. By learning your partner's love language—and helping them learn yours—you will be better able to share positive feelings.



Acts of Service

- completing chores
- caring for children
- working to provide for the family
- other tasks that benefit the couple



Gifts

- giving a present
- buying flowers
- creating something for your partner (e.g. artwork)
- other thoughtful surprises



Physical Touch

- holding hands
- spending intimate time together
- cuddling
- other affectionate touching



Quality Time

- sharing a meal
- having a nice conversation
- going on a date
- being present with your partner



Words of Affirmation

- stating your feelings (e.g. "I love you")
- giving encouragement
- giving compliments
- sharing positive thoughts