

The Five Love Languages

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Dr. Gary Chapman, Christian Marriage and Family Therapist coined the terms based on his counseling work with couples and families and his study of these families

Based on his study from his own counseling experiences and notes, he thought wouldn't it be neat if he could share this with others in book form

His book has been a best seller for years, selling 13 million copies and has been translated into 50 different languages



being loved and feeling love is a universal human need

People have a Primary Language that really makes them feel loved

Discovering the Primary Love Language of those you are in relationship with has the POWER to transform relationships

Most people use their primary love language to express love to others



**The 5 Love Languages are ways
to express love on an
Emotional Level**

They are:

- **Words of Affirmation**
- **Gifts**
- **Quality Time**
- **Acts of Service**
- **Physical Touch**



Words of Affirmation

Unsolicited compliments or words of encouragement, appreciation and acknowledgement

- **True**
- **Positive**
- **Start Small**
- **Intentional**
- **Consistent**

Simple compliments unsolicited have power to the person whose Love Language is Words of Affirmation



Gifts

“It’s the thought that counts”

the act of giving a gift serves as a gesture of affection and care

it shows the person you were thinking about them

When they are not present.

- **Not materialistic**
- **Not about stuff**
- **Sends the message I was thinking about you**
- **Doesn’t have to cost anything**
- **It’s universal to give gifts as an expression of love**
- **It says, “they were thinking about me.”**



Quality Time

The whole purpose is that you are showing interest in the other person and you care about them regardless of the setting.

- **undivided attention**
- **No devices are on.**
- **We are sitting with the other**
- **Facing them**
- **Looking at them**
- **Engaged and interested in what they are saying and doing**
- **Listening to them**

QT is not *just* being in the presence of the other.

It is back and forth communication.

Spend 15 minutes in a “sit down and listen” time and let them tell you about their day

To the person who has this as their primary Love Language and you answer your phone while they are speaking or engaged with you—you just sent them the message someone out there is more



Acts of Service

Actions Speak Louder than Words

- **when someone takes the initiative to help you**
- **when people assist you or when someone offers to help without you explicitly asking them**
- **when people perform a thoughtful act for you**



Physical Touch

receiving affection through touch, physical closeness, and other forms of physical connection

hugs and kisses

cuddle

Massages or back rubs

Sit on lap while reading

High fives

Special handshakes

hold hands while walking

Piggy back rides

Pat on the back

physical games like racing or wrestling



The Ellis Family Christmas Dinner

Listen and try to identify what may be each persons love language from

~~The story~~ holiday Story

How did you see the Love Languages come alive In your family?

How did you respond to others with a different love language than yours?



Cast of Characters

Debbie: Quality Time

Mike: Acts of Service

**Sister Sue: Words of
Affirmation**

**Uncle Eddie: Physical
Touch**

His Wife Michelle: Gifts

Susan: Acts of Service

Steve: Acts of Service

Tracey: Quality Time



**The question is not do you love your spouse
or children?**

**The question is does your spouse
and children feel loved by you?**

**Spend some time
discovering their love
language.**

**Speak it genuinely,
consistently, and
frequently.**

See if it transforms your



Discovering Love Languages

Take the quiz online

Take the Quiz

<https://5lovelanguages.com/learn>

- ask your child what makes them feel loved
- try to use the 5 love languages one by one and notice how your child reacts to each of them
- notice how your child or others expresses their love for you



Questions

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