



After many years of counseling, Dr. Chapman, author of *The Five Love Languages*,” noticed a pattern: everyone he had ever counseled had a “love language,” a primary way of expressing and interpreting love. He also discovered that, for whatever reason, people are usually drawn to those who speak a different love language than their own.

Of the countless ways we can show love to one another, five key categories, or five love languages, proved to be universal and comprehensive—everyone has a love language, and we all identify primarily with one of the five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.

Language #1: Words of Affirmation

If this is your love language, hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward.

Language #2: Quality Time

In the vernacular of Quality Time, nothing says, “I love you,” like full, undivided attention. .

Language #3: Receiving Gifts

If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. .

Language #4: Acts of Service

Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most want to hear: “Let me do that for you.”

Language #5: Physical Touch

A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love.