

WHAT ARE YOUR LOVE LANGUAGES?

WHAT IF YOU COULD SAY OR DO JUST THE RIGHT THING GUARANTEED TO MAKE YOUR PARTNER OR SPOUSE FEEL LOVED? THE SECRET IS LEARNING THE RIGHT LOVE LANGUAGE.

It is not just your spouse knowing what he or she wants. What about your kids or parents? And what about you? How often have people said to you, "I just don't know what pleases you!"?

Gary Chapman has popularized what most counsellors know -- that people experience and express love differently. Some spouses want to be told that they are loved when others want it demonstrated. Take a minute to figure out what your preferred love language is.

● Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important — hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

● Quality Time

In the vernacular of "quality time," nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there — with the TV off, fork and knife down, and all chores and tasks on standby — makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

● **Receiving Gifts**

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness and effort behind the gift. 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. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous — so would the absence of everyday gestures.

● **Acts of Service**

Can vacuuming the floors really be an expression of love? Absolutely! 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.” Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

● **Physical Touch**

This language isn't all about the bedroom. 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. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

For more about love languages, see Gary Chapman's website -- <http://www.5lovelanguages.com/>