

Resource: The Five Love Languages

Many psychologists recommend the book *The Five Love Languages* (2009) by Dr. Gary Chapman for couples who want to learn to make one another feel truly loved and supported. Think about how you like to receive love and how your partner does as well. According to Chapman, people in intimate relationships usually have different love languages. Most people have one primary love language and one secondary love language. Learning about each other's love languages can help couples do things that fulfill love needs for both, which can create a closer, more harmonious relationship.

- **Acts of Service.** You feel loved when your partner does things to help you. It could be doing the dishes, folding the laundry, watching the kids for an hour or two, washing your car, or any other task that eases your responsibilities.
- **Gifts.** You enjoy receiving thoughtful gifts, both on special occasions and for no particular reason. The gift doesn't need to be extravagant or expensive. It is the thought and effort behind the gift that makes you feel loved.
- **Physical Touch.** Affectionate pats, holding hands, kissing, and hugging are all gestures that make you feel loved. This may include sexual touch, but giving affectionate, nonsexual touch on a regular basis is an important way to show love and concern to the person whose love language is physical touch.
- **Quality Time.** Spending time together and receiving your partner's full, undivided attention makes you feel loved. You feel cared about when your partner focuses only on you—no phone, computer, or TV. Taking a walk together, going out to dinner—just the two of you or simply talking over a cup of tea or coffee are all activities that effectively communicate love to you.
- **Words of Affirmation.** You feel valued and loved when your partner gives you unsolicited compliments, says, "*I love you,*" tells you special things he or she loves about you, or says other nice things, such as, "*Thank you for making such a great meal.*"

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