



Employee NEWSLETTER

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What are the Five Love Languages?

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According to a study done by the American Academy of Matrimonial Lawyers (AAML), communication issues are the number one cause of divorce. We might think we are communicating effectively in relationships but what if the communication issues are due to a language barrier?

Love language is the idea that we all express and receive love in five different ways. This concept was created by marriage counselor and author Dr. Gary Chapman, and is detailed in his book "The 5 Love Languages: The Secret to Love that Lasts". According to Dr. Chapman, the five types of love languages are Words of Affirmation, Acts of Service, Quality Time, Receiving Gifts, and Physical Touch.

While understanding someone's love language isn't the only thing needed to maintain a healthy relationship, it is a simple tool that can have meaningful benefits. And love languages aren't solely for romantic relationships - understanding this concept is a great way to have successful relationships with everyone important in your life, including friends and family. Here is a closer look into what each of the types mean:

1. Words of Affirmation - You feel most loved when you are receiving unsolicited words of praise, affection, or encouragement, whether it be through talking, in a letter, or over text. If this is your love language you need your loved ones to verbally express their adoration for you, and hearing the words "I love you" is very important.

- 2. Acts of Service** - If your love language is Acts of Service, you strongly feel that actions are louder than words. You feel most loved when your partner spends time on tasks to show they're wanting to make life easier for you, whether it's doing the dishes, making dinner, or running an errand for you when they know you're busy.
- 3. Quality Time** - If you feel most appreciated by having undivided attention, long conversations, and spending alone time with your loved ones, then your love language is most likely Quality Time. You feel most connected when in the presence of those you love. You feel valued when your partner takes an interest in your hobbies and looks for ways to spend time together.
- 4. Receiving Gifts** - While this type may sound materialistic, it's much deeper and more meaningful than receiving expensive presents. You feel most loved when someone picks up your favorite coffee, a treat you like, or a book you recently mentioned to show they were thinking of you.
- 5. Physical Touch** - If your love language is Physical Touch you feel most loved when connecting physically with your partner, such as through hugs, hand holding, or cuddling on the couch. It is a way for them to communicate physically that they are there for you.

According to Dr. Chapman, you most likely don't relate to just one love language, but it is important to determine which is your dominant type. Understanding your partner's and your preferred love language is key to maintaining a healthy relationship, as it can help avoid miscommunications and allow you to know how to show your partner you truly value them.