



## The Five Love Languages

The Five Love Languages by Gary Chapman is a fantastic book for enhancing your relationships. Visit [www.fivelovelanguages.com](http://www.fivelovelanguages.com) for more information.

We usually find, we speak our own Love Language rather than the person we are communicating with, for example my main Love Languages is 'Quality Time' and my partner's is 'Acts of Service'. When I would get upset Andy would race around doing things for me (acts of service) and all I wanted was to sit down and connect and chat about what was going on (Quality Time). Once we learnt about the five Love Languages we began speaking each other's language and the changes were instant.

I highly recommend this book it has a very simple evaluation at the back, which you can skip straight too, if you don't want to read the whole book or visit [www.fivelovelanguages.com](http://www.fivelovelanguages.com) to complete the simple assessment.

Below are the five Love Languages and a few qualities from each language.

Quality Time: connecting, eye contact, listening, doing things together and being in the present with the other person (very different from sitting watching TV together 😊)

Acts of Service: doing things for another with no expectations, wanting to help, this person will do things from the kindness of their heart.

Note: this is different, than doing something because you want something in return or to fulfil a need.

Physical Touch: Loves hugs, foot rubs, massages, holding hands, caressing if someone is upset this person will instantly want to hug them.

Gifts: This person will love to give gifts; they may wrap them beautifully with ribbons and make them look gorgeous and will enjoy seeing the delight on the other person's face when they open it. They like to make gifts too; this is the child that comes home with something they have found to give to mum or dad.

Words of Affirmation: This person loves to be told how fabulous they are! They like to be told they have done a good job, they may even ask a few times 'do you like the job I did?' just to hear it again and again.

Once you know your Love Language figure out what your families are and begin speaking there's, watch how they light up and feel appreciated.

This is also a great way to deal with people who challenge you. It will create a positive shift in the relationship and you will feel empowered as you come from your integrity.

[www.fivelovelanguages.com](http://www.fivelovelanguages.com)

[www.blossom.net.nz](http://www.blossom.net.nz) | [tracy@blossom.net.nz](mailto:tracy@blossom.net.nz)  
09 4284615 | 021 753387





[www.blossom.net.nz](http://www.blossom.net.nz) | [tracy@blossom.net.nz](mailto:tracy@blossom.net.nz)  
09 4284615 | 021 753387