

THE FIVE LOVE LANGUAGES

*People often communicate love in different ways.
Understanding these differences can help partners
feel more seen, valued, and connected.*

Many relationship difficulties are not caused by a lack of love, but by differences in how love is expressed and received.

While most people appreciate all forms of love, certain gestures tend to feel especially meaningful. Learning how your partner experiences care can help strengthen connection and reduce misunderstandings.

The purpose of understanding love languages is not to place people into rigid categories. Instead, it helps us become more intentional in how we show love and how we recognize the love already being offered.

1

WORDS OF AFFIRMATION

Feeling loved through encouragement, appreciation, compliments, and supportive words.

2

QUALITY TIME

Feeling loved through shared experiences, focused attention, and meaningful time together.

3

ACTS OF SERVICE

Feeling loved when someone helps, supports, or lightens a burden.

4

PHYSICAL TOUCH

Feeling loved through affection, closeness, and appropriate physical connection.

5

THOUGHTFUL GIFTS

Feeling loved through meaningful symbols of care, thoughtfulness, and remembrance.

REFLECTION

Which two love languages feel most meaningful to me?

1. _____

2. _____

Which two love languages seem most meaningful to my partner?

1. _____

2. _____

CLOSING THOUGHT

*Love is often present.
The challenge is learning to recognize
the language in which it is being spoken.*

