

# LOVE LANGUAGES

UNDERSTANDING THE DIFFERENT METHOD OF LOVE COMMUNICATION TO STRENGTHEN RELATIONSHIPS.

## WORDS OF AFFIRMATION

VERBAL AND WRITTEN COMPLIMENTS, UNEXPECTED PRAISE AND RECOGNITION.



## ACTS OF SERVICE

DOING THINGS FOR OTHER PEOPLE THAT BRINGS THEM JOY.



## PHYSICAL TOUCH

LOVE IS FELT THROUGH NON-SEXUAL TOUCH, HUGGING AND GENERAL PHYSICAL PRESENCE.



## QUALITY TIME

GIVING YOUR ATTENTION TO ANOTHER PERSON, ACTIVE LISTENING AND MAKING TIME FOR LOVED ONES.



## RECEIVING GIFTS

ENJOY SURPRISE GIFTS AND TANGIBLE SYMBOLS OF THOUGHTFULNESS AND EFFORT.

