

Love Languages

Understanding the different methods of love communication to strengthen relationships.

1

Words of Affirmation

Verbal and written compliments, unexpected praise and recognition.



2

Acts of Service

Doing things for other people that brings them joy.



3

Physical Touch

Love is felt through non-sexual touch, hugging and general physical presence.



4

Quality Time

Giving your attention to another person, active listening and making time for loved ones.



5

Receiving Gifts

Enjoy surprise gifts and tangible symbols of thoughtfulness and effort.

