Principles of different Love Languages:

1. There are different ways to communicate love, appreciation and encouragement to others.
2. An individual will value a certain language more than another.
3. The most effective communication of love and appreciation occurs when the message is sent in the love language most valued by the receiver.
4. Messages of love and appreciation in languages not valued by the recipient will tend to miss the mark.

**The 5 Love Languages**

**Words of Affirmation** – Using words to communicate a positive message to another person:
- Praise for accomplishments
- Affirmation of character

How?
- One-on-one
- In front of others / Public
- Written (email or hand written) and/or Verbal

**Quality Time** - Giving the person your focused attention.
- Quality conversation (eye contact, no distractions, listen to feelings and thoughts)
- Shared experiences
- Small group dialogue
- Working together on a project

How?
- Breakfast / Lunch / Coffee / Dinner
- Stop by office and check in
- Go for a walk
- Off-site retreat
- Attend event (sports, arts, informative, etc.)
- Phone call to check-in

**Acts of Service** - Providing assistance: “How can I help?”

Remember:
- Make sure your own stuff gets done
- Ask before you help
- Check your attitude
- Do it their way
- Complete what you start

**Tangible Gifts** – Giving physical items

Remember:
- Give gifts to those who appreciate it
- Gift must be something the person values
- Can be time off
- Most common is food

**Physical Touch** – Person-to-person contact,
Examples that do happen:
- Hugs
- Holding hands
- Sitting together (e.g., on the couch)
- Reaching out (e.g., in the car)
- Back / foot rub

**Least Valued Language**: Challenges and Limitations

✓ We all tend to “speak” our own love language, consciously and unconsciously. The love language that we least value will be the one(s) that we seldom use.
✓ A mismatch of two people’s love languages can easily lead to miscommunication and misunderstanding, since one person believes they are “being loving” but the other doesn’t receive it as being loving.
✓ A person’s lowest love language may truly be unimportant to them. This is hard to imagine if you value that language, but it’s a critical insight. It’s NOT a matter of “who’s right and who’s wrong”.
✓ Take the initiative to learn from someone whose primary love language is your least important language. Have them explain its importance to them, listen and really seek to understand the value involved.
The 5 Love Languages – Ideas for application

Words of Affirmation
- Give me a specific compliment about some aspect of my character or personality.
- A hand-written note of appreciation would be particularly meaningful to me.
- I prefer it when you offer affirmation in front of / not in front of others.
- Send me an affirming text, email or voicemail.
- Recognize when I have handled a difficult situation.
- Tell others (when I am not around) about something I’m doing well or some aspect of my character or personality that you value.
- _________________________________________________________________
- _________________________________________________________________

Quality Time
- Set aside specific time to be together (make a list of things you’d like to do), e.g. Date Night.
- Go to breakfast / coffee / lunch / dinner together to talk about _________ (but not about _____).
- Do something active together, e.g., take a walk, go to a movie, go for a bike ride.
- Do something not active together, e.g., each read our own book, sit on a swing, Netflix & Chill.
- Call me or stop by occasionally to “check in” & see how I am doing.
- Take a vacation together specifically designed to spend quality time together.
- Take a work trip together just to have time en route, over breaks, etc.
- Have a regular “check in” time to catch up (e.g., weekly) on ‘business’ stuff.
- _________________________________________________________________
- _________________________________________________________________

Acts of Service
- Ask me what you could do to help me (and then follow through).
- Offer to do some routine tasks that will allow me to focus on higher priorities.
- Work with me on a project I need to complete (and do it my way).
- Help me clean up / organize my office / desk / room / garage / yard / etc.
- Review / edit a document / letter for me.
- Help me understand how to get the most out of my technology tools.
- _________________________________________________________________
- _________________________________________________________________

Tangible Gifts
- Make an effort to find a gift (big or small) that you know would be meaningful to me.
- Give a small gift card to my favorite place, which is ____________________.
- Bring my favorite coffee / hot beverage / snack / ________________.
- Find a book or magazine related to my interests or area of expertise, such as _________.
- Bring me cake / cookies / snacks / veggies to celebrate something!
- Bring something from an interesting place you’ve been to.
- Do not give me: _________________________________.
- _________________________________________________________________
- _________________________________________________________________
Application:

Name:
Love Language(s):

Ideas for Action: