Relationships | *Tip sheet*

Understanding the 5 Love Languages

Understanding the different love languages can help you become a better communicator and partner while also helping you learn more about yourself. There are five love languages that were developed by Dr. Gary Chapman. They are the ways people show and receive care.

Love languages can show up in friendships, family relationships and romantic relationships.

Why Do They Matter?

Knowing your and other's love languages can help you better understand how to express your own needs and meet theirs. This can reduce misunderstandings. It also helps you to show someone you care in a way that feels right to them. This encourages healthy communication in all types of relationships.

What Are the 5 Love Languages?

- **Words of Affirmation** — This includes kind words, compliments, words of encouragement and appreciation.
- **Acts of Service** — Helping someone with tasks to make their day easier, even without being asked.
- **Gift giving/receiving gifts** — Giving or receiving thoughtful items that show you know the person well and that you care. These don't have to be expensive.
- **Quality Time** — Giving someone your full attention and spending time together doing something that builds connection (and limits time spent on phones).
- **Physical Touch** — Hugs, handshakes or other safe and comfortable forms of touch (note that this depends on the person and relationship).

How Love Languages Show Up in Different Relationships

It's common to see all five types of love languages in romantic relationships, especially because they can involve deeper connections and physical touch. Learning your partner's love language is important because it might be different than yours and can help prevent conflict.

In friendships, quality time, acts of service and words of affirmation are most common. Connections are built from similar interests and support. Physical touch often depends on comfort level and boundaries.

In family relationships, the most common love languages are acts of service, such as helping with chores, understanding when someone is tired and taking something off their plate, or quality time. It's important to know that communication styles and love languages can change as people get older.

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You might have more than one love language and it can change over time due to stress, life changes, personal growth or with different relationships — and that is ok! It is good to reflect on your own love language and assess if it has changed to help others be able to be there for you in the way you want.

How to Identify Your Love Language

- Notice what makes you feel most cared for.
- Think about what you ask for most often.
- Consider how you show love to others — it can offer clues.
- Ask yourself: "What makes me feel supported? What makes me feel connected?"
- Take a brief love language quiz at https://www.betterlovelanguage.com/ to get a better idea of what your love language is

How to Communicate about Love Languages

- Keep conversations simple and honest.
- Ask friends, family or partners what makes them feel appreciated.
- Share your own love language in return.
- Be open to trying new ways of showing care.

Quick Tips for Using Love Languages in Daily Life

- Use small, everyday actions.
- Respect personal boundaries, especially around physical touch.
- Don't assume — ask people what they prefer.
- Notice what brings out positive reactions in others.

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