

Love Languages

Take a look at the list below. You'll see five different ways people may give or receive love and affection.

Words of affirmation

Feeling loved through words. This might include appreciation, reassurance, encouragement, or being told you matter.

Quality time

Feeling loved through time and attention. This is about presence rather than quantity. Feeling listened to, prioritised, or emotionally available.

Acts of service

Feeling loved when someone does practical things to help or support you. This might be taking something off your plate or noticing what needs doing.

Physical touch

Feeling close through affectionate, consensual touch. This could be holding hands, hugging, or physical closeness.

Receiving gifts

Feeling loved through thoughtful gestures or objects. This is usually about being remembered or thought about, rather than the value of the gift.

The concept of love languages was developed by Gary Chapman - you'll find more information here: www.5lovelanguages.com

Why Love Languages can be useful

Love languages can be helpful because they offer a shared way of talking about care and connection.

They can help us:

- Notice that we don't all experience love in the same way
- Put words to things that are often felt but not easily explained
- Reduce misunderstandings or unspoken resentment
- Become more curious about each other, rather than critical

They can also remind us that effort doesn't always look the same from both sides.

At the same time, love languages are not a solution on their own. They don't explain why:

- Something that feels loving one day can feel irritating the next
- Well-intended effort doesn't always land
- Connection can feel harder during periods of stress, conflict, or emotional distance

Used well, love languages are a starting point for conversation, not a set of rules to follow.

Want to get to know each other's Love Languages?

Try asking each other these questions:

- "What helps you feel appreciated?"
- "What do you miss when we're not feeling close?"
- "What helps you feel cared for when things are difficult?"