

Love Languages

The topic of true love has been debated for centuries. Cynics often swear it doesn't exist, while hopeless romantics think everyone has a soulmate. However, in order to sustain love over time, you must take frequent action to grow, preserve, and/or repair it. Gary Chapman's book, "The Five Love Languages" may be able to help with this. The basic concept of the book is that each person has certain ways they best receive and give love.

The first step is identifying the top 2 or 3 love languages for you and your partner. Access the following link for a short quiz that will help you figure them out: <https://www.5lovelanguages.com/quizzes/love-language>

The Five Love Languages:

1. **Words of Affirmation** - Saying supportive things to your partner. This includes encouraging words, positive affirmations, kind remarks, and compliments. It is best done if spoken directly.
2. **Acts of Service** - Doing helpful things for your partner to reduce their burdens and ease stress. Acts of Service make them feel valued and appreciated on a deep level.
3. **Physical Touch** - Showing affection through physical touch. This includes holding hands, a kiss, cuddling, back rubs, a simple hug, etc. These acts increase intimacy and closeness.
4. **Gift Giving** - Giving your partner a thoughtful gift that tells them that you were thinking about them. This is not a materialistic love language. What matters to these individuals is the intention and care put into a particular gift.
5. **Quality Time** - Spending meaningful time with your partner. Giving them your undivided attention while engaging in a conversation or activity. People who score high in quality time simply want to be near you.

Ultimately, once you know your love languages—and your partners'—the two of you can try to meet each other's top 2 or 3. This oftentimes will help improve communication, connection, and closeness. Having a better understanding of what your partner truly needs in order to feel loved and treasured is invaluable for maintaining a healthy and lasting relationship.

Questions? Contact us at 363ISRW.ART.363ISRW@us.af.mil or at 757-764-9316