

5 Love Languages

one



Words of Affirmation: Expressing love through verbal compliments and words of appreciation.

two



Quality Time: Giving undivided attention to someone, spending meaningful time together.

three



Receiving Gifts: Giving thoughtful gifts as a symbol of love and affection.

four



Acts of Service: Performing helpful tasks or actions to show care and support.

five



Physical Touch: Expressing love through physical contact, such as hugs or holding hands.

Original research by Dr. Gary Chapman (author of The 5 Love Languages book series)