

# What Are the 5 Love Languages? Definition and Examples

How do you receive love? Gary Chapman's love languages can help you find out.

*Adapted from the Article in Psychology Today by Tchiki Davis, Ph.D.*

## What are love languages?

According to author Gary Chapman, there are five love languages. Our "love language" describes how we receive love from others. They are:

1. Words of Affirmation - Saying supportive things to others
2. Acts of Service - Doing helpful things for others
3. Receiving Gifts - Giving gifts that tell others you were thinking about them
4. Quality Time - Spending meaningful time with others.
5. Physical Touch - Being close to and physically touched by others.

Each of us differs in the ways that we receive love. By learning to give love in the ways that others can best receive it, and by asking others to express us love in the ways that we can receive it, we can create stronger relationships.

## Learn more about each of the love languages

Want to find out which love languages you speak (or prefer to have spoken to you)?

### ***Love language 1: Words of affirmation***

Ask yourself, how do you feel when you hear others offer encouraging, positive and affirming words, and compliments?

Examples: Your boss congratulates you, tells you "great job!" or thanks you for something?

If these things make you feel the most loved and happy, words of affirmation may be your primary love language.

### ***Love language 2: Acts of service***

Ask yourself, how do you feel when others help you with tasks that reduce your burden or ease your stress?

Examples: A friend performs a chore for you, runs an errand for you, or takes care of something without having to be asked?

If these things make you feel the most loved and happier, acts of service may be your primary love language.

### ***Love language 3: Receiving gifts***

Ask yourself, how do you feel when you receive a thoughtful gift?

Examples: You receive flowers from your church when you are ill that tells you the church's members are thinking about you.

If these things make you feel the most loved and happy, receiving gifts may be your primary love language.

### ***Love language 4: Quality time***

Ask yourself, how do you feel when others give you their undivided attention and you engage in meaningful conversation or activities?

Examples: You and your church covenant group go on a retreat and engage in deep conversation?

If these things make you feel the most loved and happy, quality time may be your primary love language.

### ***Love language 5: Physical touch***

Ask yourself, how do you feel when others show affection through touch?

Examples: You leave worship service at church and a close friend gives you a warm embrace or warmly shakes your hand.

If these things make you feel the most loved and happy, physical touch may be your primary love language.

## **How to use love languages in relationships**

If we want to build healthy relationships, we have to work at it. We have to tell others what makes us feel loved and we need to show others love in the ways that they want to receive it. That's how we can use love languages to improve the quality of our relationships.