



The 5 Love Languages At-A-Glance

Acts of Service

Making your loved ones life easier by helping with chores and other responsibilities, especially when it's a sacrifice. Avoid laziness, broken promises, and increasing their work load by not cleaning up after yourself.

Words of Affirmation

Expressing your love with words of support and sincerity along with the reasons why you feel that love. The "why" is most important part of expressing your love. Avoid insults and criticism.



Quality Time

Spending time together and giving your loved one your undivided attention. Plan special date nights and spend time talking. Avoid being distracted, postponing or cancelling dates.

Physical Touch

Show your loved one how much you care with hugs, kisses, back rubs, and holding hands. Avoid being distracted and forgetting they need to feel your touch.

Receiving Gifts

Gifts and kind gestures are the key to letting your loved one know how you feel. A small gift to let them know they were missed while you were away. Avoid missing birthdays, anniversaries, and any other special occasion.