

**WOW YOUR PARTNER
(OR FRIENDS) THIS
VALENTINE'S DAY
BY SPEAKING THEIR
LOVE LANGUAGE!**

yacwa

What are love languages?

A 'love language' describes how a person likes to **give** and **accept** love.

There are **FIVE** love languages:

- ♥ words of affirmation
- ♥ acts of service
- ♥ receiving gifts
- ♥ physical touch
- ♥ quality time

Many people like to give and accept love in all 5 ways, but it's very common to have 1 or 2 favourite love languages

Let's learn some more about each love language!



LEARN MORE

WORDS OF AFFIRMATION



DEFINITION:

This looks like showing your love for someone by using spoken and/or written words

“Our relationship (or friendship) means so much to me”

“I love you”



“I appreciate everything you do”

“I’m so proud of you for ___”

GIFT IDEAS:

- a heartfelt letter (or text) explaining how thankful you are for them
- a collage of song lyrics that explain how you feel about them
- a jar filled with short love notes or reasons that you love them

no big actions, just being open/honest

ACTS OF SERVICE

taking care of things so
they don't have to

small, helpful
gestures

HELP



DEFINITION:

This looks like helping
them and doing things
that will make their life
easier

GIFT IDEAS:

- Cooking their favourite meal or dessert
- Do all the house chores for the day - let them truly sit back and relax!
- Helping them to complete tasks

thoughtful
actions

making an
effort to do
something kind

helping them by making their life easier

RECEIVING GIFTS



DEFINITION:

This looks like giving meaningful, thoughtful gifts or regularly getting small gifts to show you were thinking of them

small ways of showing you care

gifting something they've asked for/have been talking about

gifts that have special meaning

putting in extra effort/thought with gifts



ADD TO CART



GIFT IDEAS:

- a gift basket with their favourite treats
- something that reminds them of a good time from their childhood
- buying their favourite snack or drink when you're on your way to see them

small (or big) gifts to show you value them

PHYSICAL TOUCH

cuddling in the morning before getting out of bed

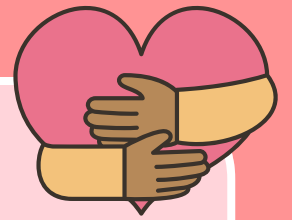
greeting them with a kiss when you see them



GIFT IDEAS:

- going to get a massage together, or gifting them with a massage voucher
- a self-care basket (bath/shower products, moisturisers, etc.)
- dancing together (through lessons or even at home with your favourite songs)

DEFINITION:



This looks like showing your love through touch and physical contact, often through hugs, kisses, and/or sex

giving them hugs when you see them

holding hands

using touch to show your love

QUALITY TIME



DEFINITION

This looks like spending quality time together without distractions or interruptions

choosing a day to meet every week to chat with each other

enjoying being with each other



video-calling even if you're at home and not doing much

asking questions about their day/week

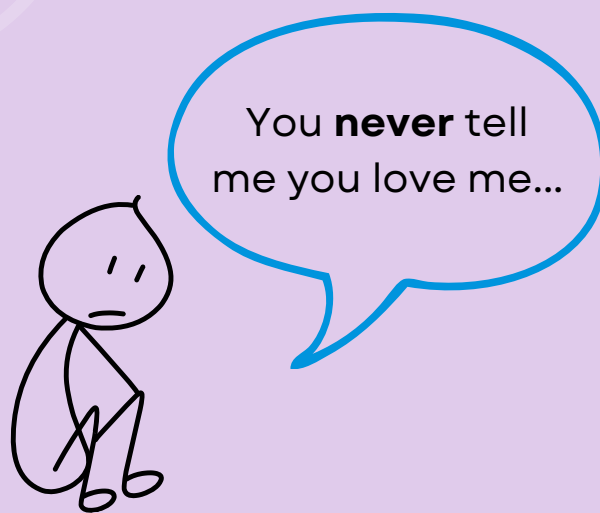
GIFT IDEAS:

- Trying out a new recipe together
- An experience that you can both enjoy like tickets to a concert or comedy show
- playing your favourite game together or trying out a new one

undivided attention to show that you care

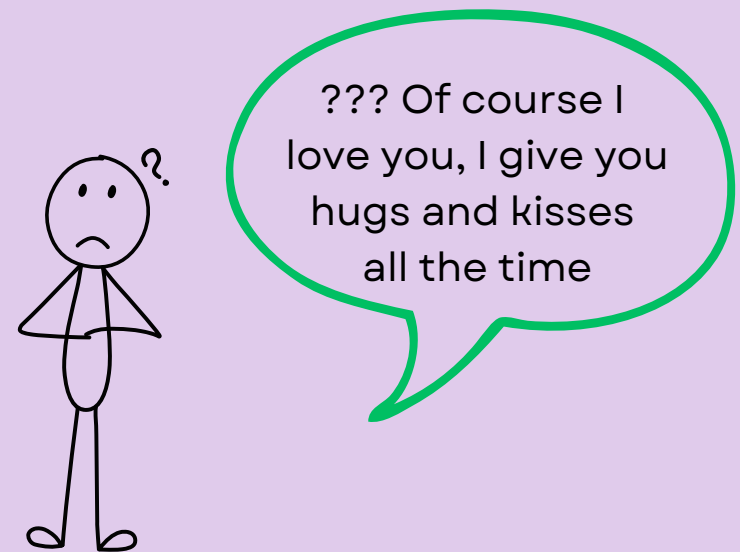
Why is it important to know each other's love languages?

Usually, we show love in the way **WE** like to accept it.
This is where misunderstandings can happen.



Their love language: **Words of affirmation**

This person gets lots of hugs and kisses from their partner, but what they really want is to be told "I love you". This is more meaningful to them!



Their love language: **Physical touch**

This person is showing their love physically, which is probably how **they** like to accept love - but their partner likes to accept love through words.

When we don't get love in the way we want it, we might start feeling ignored in our relationships.

Key Takeaways

1

Knowing how your partner likes to accept love is a great way to improve your relationship. It makes people feel understood, wanted, and valued.

2

It can also help to prevent unnecessary conflict in the relationship. This conflict often comes from not understanding how the other person likes to accept love

3

Instead of gifting someone based on what we think would be cool or nice to get, we should be thinking about what is most meaningful to the other person

4

You can apply love languages to all relationships - like friends and family! Of course some gifts are more/less appropriate than others, depending on the relationship

5

Thoughtfulness is the most important thing, you don't need to spend lots of money. A thoughtful, 'cheaper' gift is better than an expensive gift that lacks personal touch