

Understanding Love Languages

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The last several months have been especially stressful for most people. Many of us have had to cope and adjust to uncertain and unexpected circumstances. Our normal routines and rhythms have been shifted and, in some cases, completely lost. These changes put additional stress and strain on our relationships, oftentimes impacting our patterns and styles of interacting with those closest to us – those we love.

Having a better understanding of what we need from each other in our most intimate relationships can help ease some of the stress and strain. Dr. Gary Chapman, author of the best seller, *The 5 Love Languages*, recognized that we all have different preferences for giving and receiving love. Understanding our preferences and needs as well as the needs of those we love and care about, can help us be more intentional in the ways we express and receive love. In doing so, our relationships may become more loving, deeper, and meaningful.

Working to nurture the relationships we have with those we love may help us better cope with the stress and uncertainty we are currently experiencing.

The 5 Love Languages identified by Dr. Chapman are below.

Love Language	Example
Words of Affirmation	Verbal compliments
Receiving Gifts	Meaningful/thoughtful gifts
Acts of Service	Doing for with love/positivity
Quality Time	Undivided attention
Physical Touch	Physical contact/closeness

Interested in more information? You can check out Dr. Chapman's website at www.5lovelanguages.com.