



Love Languages

based on *The Five Love Languages* by Gary Chapman

- Language of **Physical Touch**: nonverbal messages ~ hugs, kisses, pats

- Language of **Affirmation**: compliments, kind words ~ write cards, notes

- Language of **Quality Time**: one-on-one time, face-to-face ~ take trips / walks together

- Language of **Gifts**: give gifts for no reason as well as special occasion gifts

- Language of **Acts of Service**: help with chores, repairs, projects

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