

# the 5 love languages

- Words of Affirmation
- Acts of Service
- Receiving Gifts
- Quality Time
- Physical Touch

## 5 ways we can express them

Acknowledging positive efforts your partner makes, even when imperfect

Choosing to give of yourself by taking on a task they'll appreciate, even when it's not convenient

Bringing home a random object that they'll love, because it was something you'd have to know them well to understand.  
Not because it has worldly value

Doing activities that your partner enjoys, but you don't.  
Just because

Focusing on the other gifts when your partner is just too tired, too stressed, or not catching the cues to be affectionate

Remember, when our mate has a different love language, things can sometimes simply get lost in translation. Not purposely withheld.  
Extending grace builds bridges instead of walls...