

love language

There are five different languages of love, says Gary Chapman in *Loving Solutions*, and spouses seldom speak the same vernacular. We tend to express our love in the way that means the most to *us*, but we need to know, then speak, our *spouses'* primary love language.

1. Words of affirmation—verbally affirming them for the good things they do.

2. Quality time—giving them your undivided attention, such as going out to eat, taking a walk together, or a weekend getaway.

3. Receiving gifts—a gift says “He/She was thinking about me.”

4. Acts of service—doing things for your spouse, anything that you know is meaningful to him or her.

5. Physical touch—kissing, embracing, a pat on the back, holding hands, or sexual intimacy.