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The Five Love Languages

(This is based on the work of Dr. Gary Chapman. You can order his books and take a free test to determine your primary love language at www.fivelovelanguages.com)

Research has shown that there are five basic love languages—five ways to express love emotionally. Both you and your partner have a “primary love language.” If you speak that language, your partner will feel loved by you. If your partner speaks your primary love language, you will feel loved by him or her. **If either of you fail to speak that language, your love tank will become empty and happiness will evaporate. The love language of one person is not necessarily the love language of another.**

The Five Languages Are:

Language #1—Words of Affirmation. This would include verbal complements, encouraging words, and kind words.

Language #2—Quality Time. A central aspect of quality time is togetherness. It also includes quality conversation, and quality activities.

Language #3—Receiving Gifts. Gifts are visual symbols of love. If your spouse’s primary love language is receiving gifts, then purchasing gifts for him or her is the best investment you can make. You can also give the gift of self or the gift of presence. **Being there when your spouse needs you speaks loudly to the one whose primary love language is receiving gifts.**

Language #4—Acts of Service. This means doing things you know your partner would like you to do. You seek to please him or her by serving, by expressing your love by doing things for them.

Language #5—Physical Touch. It has been known for a long time that physical touch is a way of communicating emotional love. In relationships, the touch of love may take many forms. Love touches may be explicit and demand full attention such as in a back rub or sexual foreplay. On the other hand, love touches may be implicit and require only a moment such as putting your hand on the shoulder of your partner as you pour a cup of coffee.

