






Topic 3: The Five Love Languages by Gary Chapman

Gary called these ways of expressing and receiving **love** the “**5 Love Languages**.” They are Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch.

HOW TO SPEAK YOUR SPOUSE’S LOVE LANGUAGE { }

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal – use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like “I’ll help...”. They want to know you’re with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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 BASED ON “THE 5 LOVE LANGUAGES”, A BOOK BY DR. GARY CHAPMAN

"Love is a choice you make everyday."
- Gary Chapman

THE 5 LOVE LANGUAGES

The 5 different ways we show love as explained by Gary Chapman in his best selling book, **THE 5 LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS.**

"Love can be expressed and received in all five languages. However, if you don't speak a person's primary love language, that person will not feel loved, even though you may be speaking the other four. Once you are speaking his or her primary love language fluently, then you can sprinkle in the other four and they will be like icing on the cake."
— Gary Chapman



Acts of Service

The things you do to ease the responsibilities and burdens of others. It means a lot when someone goes out of their way to do something for someone else especially when it's a sacrifice.
Actions to Avoid: Laziness, broken commitments, making more work for them.



Quality Time

Spending time together while being present and giving your full undivided attention.
Actions to Avoid: Distractions, postponed dates or not listening.



Physical Touch

Physical presence and accessibility are important. They love to receive hugs, pats on the back, hold hands and just be near others.
Actions to Avoid: Neglect and abuse of any kind.



Words of Affirmation

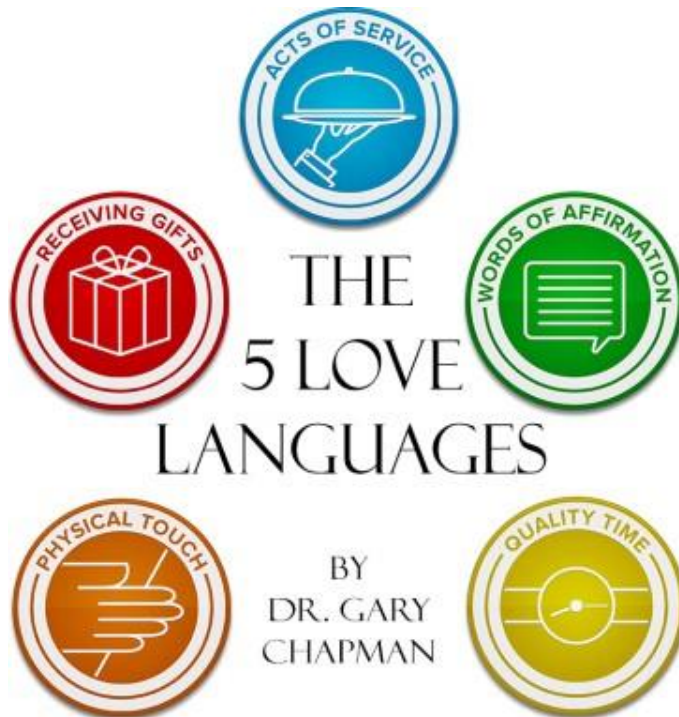
Expressing your love in sincere words and explaining the reasons why. Saying the words "I Love You" is important but sharing the reason behind why you love them is most important.
Actions to Avoid: Insults and criticism.



Receiving Gifts

Gifts and gestures show that you are known, loved and cared for. They thrive on the thoughtfulness and effort behind a visual representation of love.
Actions to Avoid: Missing birthdays or anniversaries, and thoughtless gifts.

Created by Tamara Halder. Information paraphrased from Gary Chapman's website <http://www.SloveLanguages.com>



Incorporating the 5 Love Languages in the Workplace

First, we have (1) *words of affirmation*. “One way to express love emotionally is to use words that build you up. Verbal compliments, or words of appreciation, are powerful communicators of love. They are best expressed in simple, straightforward statements of affirmation”. Along with verbal affirmation, a person can express what is called encouraging words to another person. “The word encourage means ‘to inspire courage’. Everyone has their insecurities, and so encouraging words can sometimes be all a person needs to feel reinforced to discover their capabilities.

Next, a way to express love is through the use of kind words, in the sense that the ways in which we speak and utilize our tone greatly matters in the ways that we convey messages to one another. Often, “we interpret messages based on our tone of voice, and not the words that are actually being stated”. In summary, this form of communication and expression of love utilizes words in order to affirm other people.

Secondly, (2) *acts of service* is another way to express how much you love someone. For people who identify the most with this love language, the way that a person acts and serves others resonates on a larger scale than words.

Next, a common way that people give and receive love is through the act of (3) *gift giving*. Basically, there are some people who respond the most positively when a person that they love gives them a gift; or the act of gift giving is the most heartfelt way that they can express their love and let a person know that they are thinking about them.

The fourth way that many people express their love is through spending (4) *quality time* with one another. “This language is all about giving the other person your undivided attention”.

And finally, many people express their love through the closeness of (5) *physical touch*. “To this person, nothing speaks more deeply than appropriate touch.

In the workplace, people often express levels of satisfaction and love in different ways within the categories of the five love languages, so sometimes it can be difficult to maintain healthy relationships even if you are knowledgeable on these topics and work hard to cultivate a successful relationship.

There are several different ways/triggers that get a person motivated to do a good job or strive for the highest level of achievement. “Whether it’s a pat on the back, an award for a job well done, or some one-on-one time, we each have unique emotions attached to what makes us feel appreciated” (Hassell). So, when it comes to work, “our motivation is maximized when we receive our ideal form of praise, encouragement, or reward for our efforts”. So similar to relationships (except for the concept of physical touch), each person is unique in the ways that they feel loved and valued, and thus how they try to make other people feel loved and valued, and this can translate in the same way when it comes to “work relationships”.

If someone strives to start up a business or an organization, they have to take into account the livelihood of each person that they have working for them if they want their business to succeed. In order “to empower an organization, you have to empower its people. To empower people, leaders have to demonstrate appreciation in ways that maximize the impact for each individual”. In addition, studies have shown that if a boss, manager, or employer can adequately foster and cultivate a positive, healthy, and happy work environment, “team members will seamlessly work together, be more productive, and more engaged, therefore helping the business or company as a whole”. Staff can learn to motivate and inspire each other as well. In addition, “when peers, teams, and colleagues

support one another...everyone feels valued and appreciated, and people are able to perform at peak levels...creating a positive snowball in regards to changing the culture of the workplace”.

How to create a supportive and pleasant environment?

Here are some examples:

Words of affirmation: try to establish confidence in people by verbally affirming them. Some examples could include “thanks so much for your insight,” or “great job presenting at our meeting yesterday”. These types of phrases can serve to inspire and show appreciation for all of the tasks completed by people working for your business or company. You can often show this appreciation by talking to the person one-on-one, in front of a crowd of people, via email or note, or through public forms of social media.

Quality time: Sometimes people need to see that you are invested in them and the business that you are working for, so if you seek ways to plan events or spend time with them on a professional level at work or outside of work (i.e. work sports teams, workout clubs, book clubs, etc.), they will be grateful that you chose to talk about what they find interesting and what inspires them. It is important to show them that you care. You can demonstrate your appreciation for someone in this way by maybe taking someone out for a meal, stopping by their office or workspace and checking in, going for a walk during a lunch break, watching sports on the office TV, or calling someone to see how they are holding up.

Acts of Service: Even if you mean well by complimenting someone, sometimes all a co-worker really needs in order to feel valued and appreciated is help with finishing or collaborating on a project/task. Basically, some people feel more loved and appreciated if another person offers them

their services or offers “to lend a hand”. You can ask the question, “What can I do to help?” in order to ensure that you are actually helping the person with what they need and not making matters worse.

Gift Giving: Many people enjoy receiving gifts, but it is also important to ensure that the person giving the gift to a co-worker gives a gift that “the person values in their life outside of work, like a jersey of their favorite college football team or a coffee mug with their favorite cartoon character on it”. The most common gift that could be given would be in the form of food, but sometimes it can also be helpful to give someone some time off when you take the time to gauge their needs.

Physical touch: This type of love language can be tricky to navigate, but in regards to appropriate physical touch in the workplace, “some members respond well to physical touch, like high-fives, handshakes, fist bumps and pats on the back. You’ll see this in sports, but it also translates well to the work environment”. You can also engage in “brief hugs (especially in emotional times),” but always be sure that that type of behavior is consensual.

Some people may struggle to understand the fact that when you choose a profession, it often possesses similarities to a relationship with another person. “Like it or not, your job is kind of like a romantic relationship. Your co-workers and clients see you at your best and your worst. You’ve made a commitment to spend every day with them. And, just like marriages, business relationships take work to make them last over time...The point is that there is no one-size-fits-all approach to showing others that you care...This is also pretty invaluable advice when you’re trying to attract a new customer, strengthen a client relationship, or keep your co-workers happy”.

Class Task

Work individually, in pair or groups, list down the words or ways you can incorporate the five love languages in the workplace.

Prepare a simple slide presentation or present verbally.