

The 5 Love Languages®



Topic 3: Know Your Love Language

WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing
Manifesting

Physical Touch

Things that make your body feel good or focus on your physical being.

- Massages
- Soft blankets
- Physical activity
- Spa days
- Skincare routine
- Swimming
- Stretching

Acts of Service

Doing or arranging things for yourself that make you feel good.

- Therapy
- Acts of Kindness
- Scheduling
- Cleaning
- Delegating
- Going Out

Receiving Gifts

Treating yo'self by purchasing things that make you happy.

- Trips
- Craft supplies
- Comfy clothes
- Little gifts
- Indulgences
- Investing in yourself

Quality Time

Spending time alone, hobbies & doing things that you love.

- Meditation
- Hobby/creative time
- Taking yourself on dates
- Relaxing

Words of Affirmation

Giving yourself pep talks and encouraging yourself.

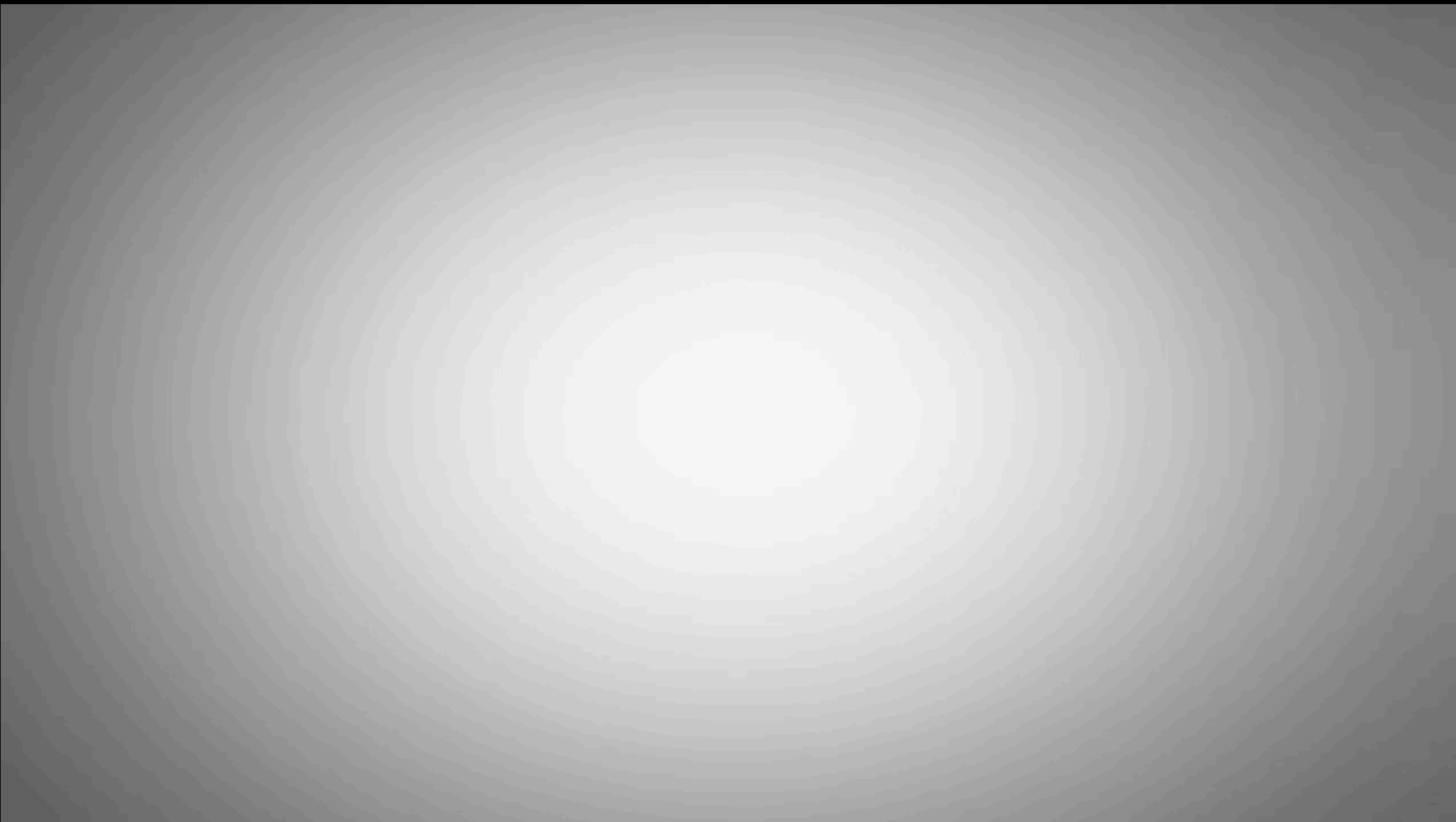
- Positive self-talk
- Daily affirmations
- Journaling
- Mantras

Task 1



Watch a video about The 5 Love Languages.

- 1. Write down the main points.**
- 2. Present in class.**



The 5 Love Languages



QUIZZES

<https://www.5lovelanguages.com/quizzes/>





YOUR PRIMARY LOVE LANGUAGE IS QUALITY TIME



YOUR PRIMARY LOVE LANGUAGE IS: Quality Time

In Quality Time, nothing says “I love you” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes you feel truly special and loved. Distractions, postponed activities, or the failure to listen can be especially hurtful. Whether it’s spending uninterrupted time talking with someone else or doing activities together, you deepen your connection with others through sharing time.

THE 5 LOVE LANGUAGES® PROFILE RESULTS



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YOUR PRIMARY LOVE LANGUAGE IS
RECEIVING GIFTS



YOUR PRIMARY LOVE LANGUAGE IS: Receiving Gifts

The Five Love Languages

1. Words of Affirmation

2. Gifts

3. Acts of Service

4. Quality Time

5. Physical Touch

Love Languages



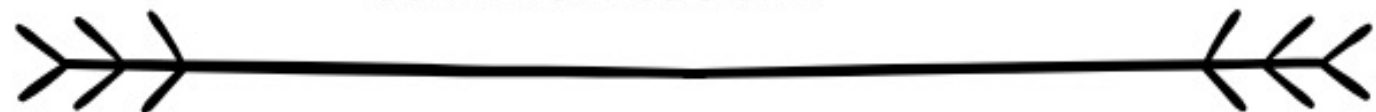
Words Of Affirmation

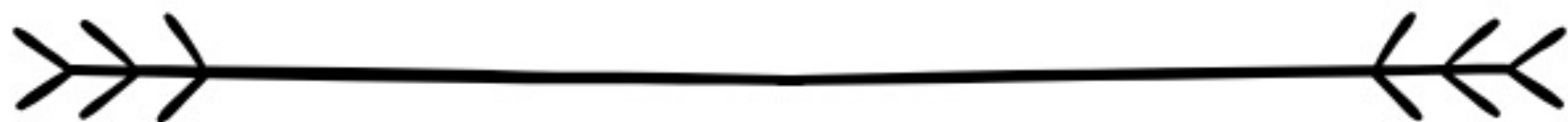
Encourage, Empathise, Appreciate, Affirm



Do: Express gratitude, send random lovely texts, leave written notes, be genuine and meaningful with words.

Don't: not recognizing/appreciating effort, one worded/lack of communication.





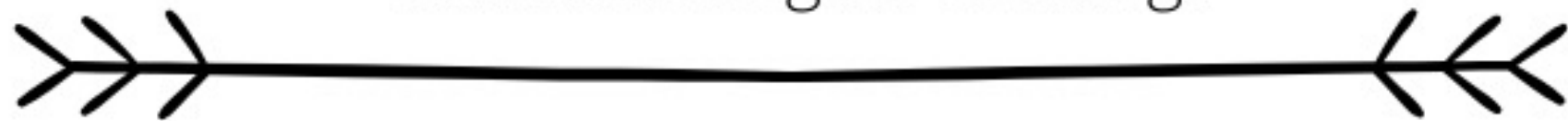
Receiving Gifts

Thoughtfulness



Do: Thoughtful gifts and gestures. No need to spend lots of money, let gifts reflect how well you know your partner.

Don't: Forget occasions, give gifts with no thought behind them, unenthusiastic gift receiving.





Acts Of Service

Actions Speak Louder Than Words!



Do: Help in anyway you can.
Chores, favours, plans, treats like
massages or running a bath.

Don't: Avoid following through on
plans, let your partner physically do
everything e.g. cooking, cleaning etc.

Quality Time

Uninterrupted Time Together



Do: Focus on your time spend with partner, one on one time, deep conversations.

Don't: Be distracted by things like phones. Long period of time with no quality time together.

Physical Touch

Body Language and Touch



Do: Massages, embraces/cuddling, strokes on cheek/hair, small kiss on shoulder/hand/face.

Don't: Rejecting affection, no physical touch, not holding your partner when they are feeling bad.



5 Love Languages at Home

Love Language

Words of
Affirmation

Quality
Time

Actions

Spoken words
Written cards and
letters

Running errands
Taking trips
Doing things together
Going on walks
Sitting/talking at home

Communication

Encouraging words
Compliments
Affirming spirit

Quiet places
with no interruptions
Undivided attention
One-to-one
conversations

Avoid

Emotionally
harsh words
Undue criticism

Too much
time with friends
or groups
Isolation
Gaps of time between
meetings

Receiving Gifts

Giving gifts
Giving time
Remembering special occasions
Giving small tokens

Private giving of gifts
Pleasant facial expressions

Materialism
Forgetting special events

Acts of Service

Assisting with house chores
Ongoing acts of helpfulness
Exchanging of chores

Say:
"What can I do for you?"
"I will stop and get..."
"Today, I did... for you."
Making a checklist

Forgetting promises
Over commitment of tasks
Ignoring

Physical Touch

Hugs
Pats
Touches
Sitting close

Pleasant facial expressions
Mostly non-verbal

Physical abuse
Corporal punishment
Threats
Neglect



5 Love Languages for Kids

WORDS OF AFFIRMATION

- * Tell them you love them daily
- * Tell them how proud you are of them regularly
- * Find reasons to congratulate and encourage them
- * Try to avoid harmful words and tones in your voice as those will only hurt their hearts to the soul.

GIFTS

- * Small simple gifts
- * Surprise gifts/parties
- * Give rewards for behavior
- * Treasure hunts
- * Leave notes with a little trinket in their room
- * Extra candy in their lunch
- * New piece of clothing for a special occasion

SERVICE

- * Clean their room
- * Help with homework
- * Teaching them something new
- * Volunteer together

QUALITY TIME

- * Spend quality time together
- * Going on walks
- * Reading to each other
- * Toss a ball around
- * Bike riding
- * Cooking together
- * Play a Game
- * Watch a show/movie

TOUCH

- * Hug them daily
- * Hold their hand while walking through the store
- * Snuggle up to read together
- * Show them that you also enjoy cuddle time (no matter what their age)

the LOVE LANGUAGES



Love Language of
Touch



Love Language of
Service



Love Language of
Words



Love Language of
Time



Love Language of
Gift



How to relate to a person with this love language...	Communication	Action	What to Avoid
Words of Affirmation	<ul style="list-style-type: none"> · Compliments · Affirmations · Kind Words 	<ul style="list-style-type: none"> · Send notes or cards 	<ul style="list-style-type: none"> · Criticism
Quality Time	<ul style="list-style-type: none"> · One-on-one time · Not interrupting · Face-to-face conversation 	<ul style="list-style-type: none"> · Take long walks together · Do things together · Take trips 	<ul style="list-style-type: none"> · Long periods of being apart · More time with friends than partner
Receiving Gifts	<ul style="list-style-type: none"> · Positive, fact-oriented information 	<ul style="list-style-type: none"> · Give gifts on special occasions and also on not so special occasions 	<ul style="list-style-type: none"> · Forgetting special days
Acts of Service	<ul style="list-style-type: none"> · Action words like "I can", "I will" and "What else can I do?" 	<ul style="list-style-type: none"> · Helping with house and yard chores · Repair/maintenance · Acts of Kindness 	<ul style="list-style-type: none"> · Ignoring partner's requests while helping others
Physical Touch	<ul style="list-style-type: none"> · A lot of non-verbal · Verbal needs to be word pictures 	<ul style="list-style-type: none"> · Touches · Hugs · Pats · Kisses 	<ul style="list-style-type: none"> · Physical neglect or abuse



Service

Words

Time

Gifts

Touch

LOVE

Love Language/Language of Appreciation	Description of Language	Workplace Examples
<i>Words of Affirmation</i>	Communication of positive personal sentiments	Verbal recognition and written compliments
<i>Acts of Service</i>	Expressive actions that require planning and effort	Offering help to a coworker with their workload, clearing the lunch table, and special perks
<i>Quality Time</i>	Being with someone and giving them your undivided attention	Team building activities, group lunches, and volunteering together
<i>Gifts</i>	Something tangible that serves as a symbol of caring	Gift cards, bonuses, and coffee
<i>Physical Touch</i>	Appropriate touch perceived as appreciation	High fives, handshakes, and fist bumps (remember to ask first!)

Task 2



Watch a video about The 5 Love Languages Test in a workplace.

1. Write down the main points.
2. Present in class.



The 5 Love Languages

"Love is something you do for
someone else, not something
you do for yourself"

~ Gary Chapman

Examples of Words of Affirmation

“I just want to let you know how proud of you I am.”

“You work really hard for us, and even when things may feel tough, I just want you to know how appreciative I am.”

“I feel so lucky to have you.”

“I am here if you need me and I want to help support you in any way I can.”

Receiving Gifts Love Language Ideas

Bring them their favorite flowers.

Buy them something they've been wanting for awhile.

Send them a surprise package at work.

Make them a mix CD and explain why you chose each song for them.

Sign them up for a class they've been wanting to take.



Examples of Acts of Service



Prepare breakfast, lunch, or dinner if your partner is the one who usually does the cooking.

Clean your partner's car before they wake up.

Take the kids and leave your partner to relax with no responsibilities for a few hours.

Take out the trash.

Pick up their mail.



Ideas for Quality Time

Take a walk around the neighborhood.

Do a puzzle or play a board game.

Find a DIY project to do throughout the week (finishing a little each day).

Plan out your next vacation together.

Find a new recipe and make it for dinner together.

Take a mini road trip.

Go stargazing.

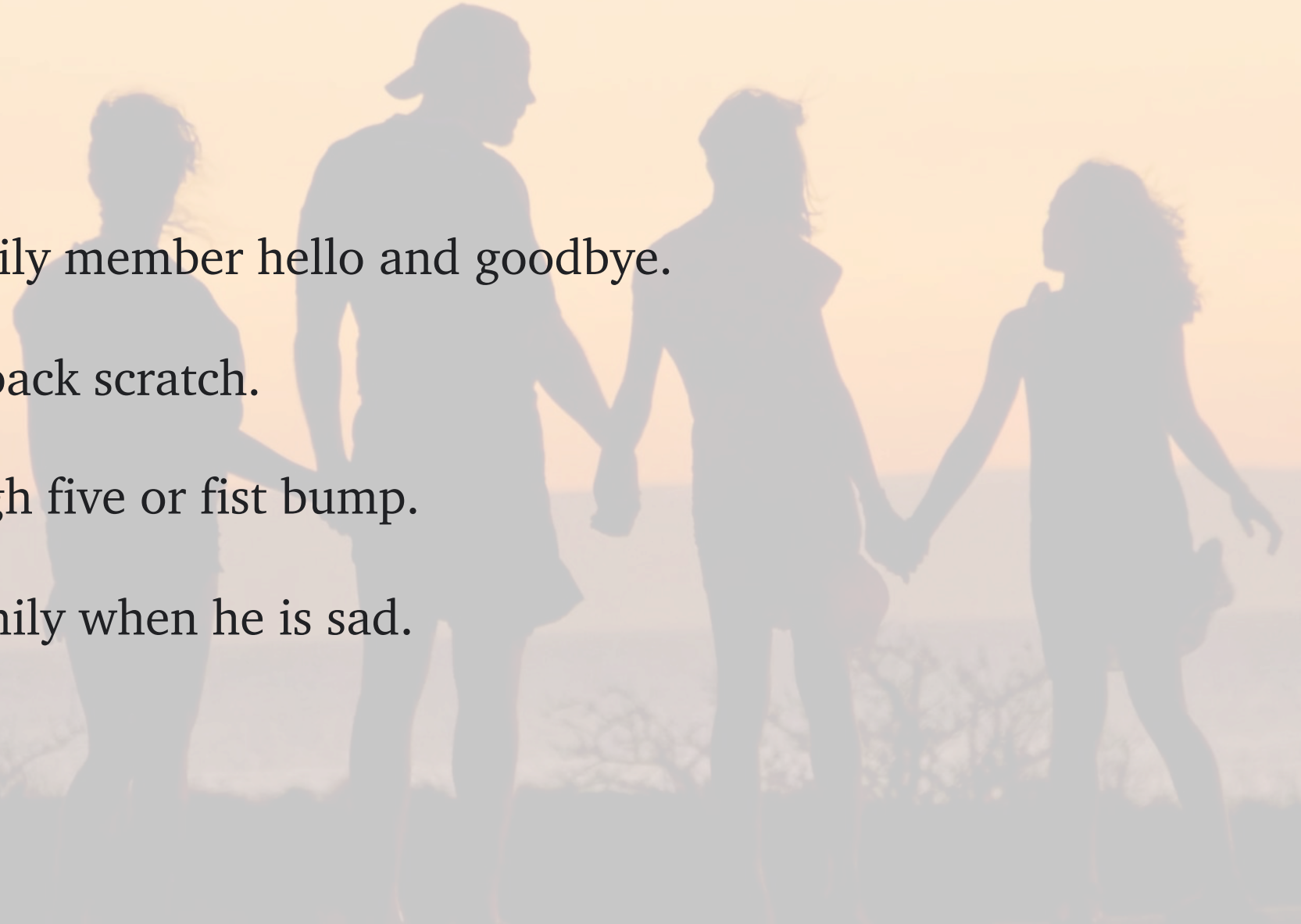
Examples of Physical Touch

Hug a friend or family member hello and goodbye.

Give a neck rub or back scratch.

Celebrate with a high five or fist bump.

Hold a friend or family when he is sad.



Task 3



Look at the lecture notes.

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

Prepare a simple slide presentation or present verbally.

Task 4



Study the case study below. What went wrong between the employer and the employee?

- 1. What is the employer's love language?**
- 2. What is the employee's love language?**
- 3. How could the relationship be improved?**
- 4. What could the employer have done differently?**
- 5. What could the employee have done differently?**

**“ For months, I had thought my boss hated me.
It just turns out my value was measured in
gifted tubes of Aesop hand cream,
not report cards.”**



Whenever I finished a successful project, I would come into the office to find a different gift on my desk. One week it would be a set of colored pencils. The following month, a small ceramic bowl. Then a hibiscus-scented candle. After determining that I didn't have a secret admirer with good taste and a copy of the office keys, I made a comment to a coworker, who suggested they were probably presents from our often-absent boss. **No card, no thank you, no sign** it was from him.

When I approached my boss to thank him, he simply nodded. For months I had thought he hated me and didn't think I was worth my paycheck. It just turns out my value was measured in gifted tubes of Aesop hand cream, not **report cards.**

Conclusion: 5 Love Languages



The 5 Languages of Appreciation in the Workplace **Book Summary**

The 5 Languages
of
Appreciation
in the Workplace

Empowering
Organizations by
Encouraging
People

Includes
MBA Inventory
\$20 VALUE

#1 NY Times bestselling author

GARY CHAPMAN
PAUL WHITE

*“Each of us wants to know that
what we are doing matters.”*
- Gary Chapman & Paul White



READINGGRAPHICS
ACTIONABLE INSIGHTS IN ONE PAGE