

# Do you speak the language of love?

November 16, 2023

**Online Desk:** Love is like a giant, mysterious puzzle, and we're all just trying to find that perfect fit. Thankfully, Dr Gary Chapman has given us a roadmap in the form of the 5 love languages. So, grab your magnifying glass and let's embark on a thrilling detective mission to uncover your unique love language!

## Positive Expressions

Picture this, you're home with your loved one, enjoying the pouring rain from your balcony and your partner hands you a steaming cup of tea. What could make it even cosier? A heartfelt "I love you" whispered in your ear! If that scenario warms your heart, your love language might be words of affirmation.

People with this love language thrive on compliments, sweet nothings, and sincere expressions of love. For them, actions might speak louder than words, but words validate those actions in the most touching way.

## Acts of Service

Ever had your partner take care of the laundry when you were swamped with work, or whip up a surprise breakfast in bed? If these gestures make your heart skip a beat, acts of service could be your love language!

It's all about those thoughtful, selfless deeds that show love and care. If your partner's idea of romance is vacuuming the house without being asked, you might have cracked the code to their heart.

## Receiving Gifts

Gift-givers, unite! If you feel most loved when you unwrap a carefully chosen present, then receiving gifts is your love language. To you, a gift isn't just a physical item, it's a symbol of your partner's affection and thoughtfulness.

However, gifts don't necessarily have to be very expensive to show your love towards your partner. Even a handwritten note or a simple bouquet can make your heart flutter. It's the thought and effort behind the gift that matter most.

## Quality Time

Imagine this; a quiet night, just you and your significant other, talking and laughing under a starry sky. If that sounds like your idea of a perfect date night, your love language might be quality time.

For those who cherish quality time, nothing says "I love you" more than the undivided attention of their partner. It's not about the quantity of time spent together, it's about the quality. Put away your phones, turn off the TV, and focus on each other; that there is the secret to speaking this language fluently.

## Physical Touch

Ah, the language of love that needs no translation — physical touch. If hugs, kisses, and cuddles are your go-to expressions of affection, congratulations, your love language is physical touch.

People with this love language thrive on physical intimacy. Holding hands, a warm embrace, or even just a reassuring pat on the back can send their heart soaring. It's all about feeling connected through the power of touch.

Whether you're fluent in words of affirmation or you speak the language of physical touch, embrace your love language and let it guide you on your journey to lasting love and happiness.