

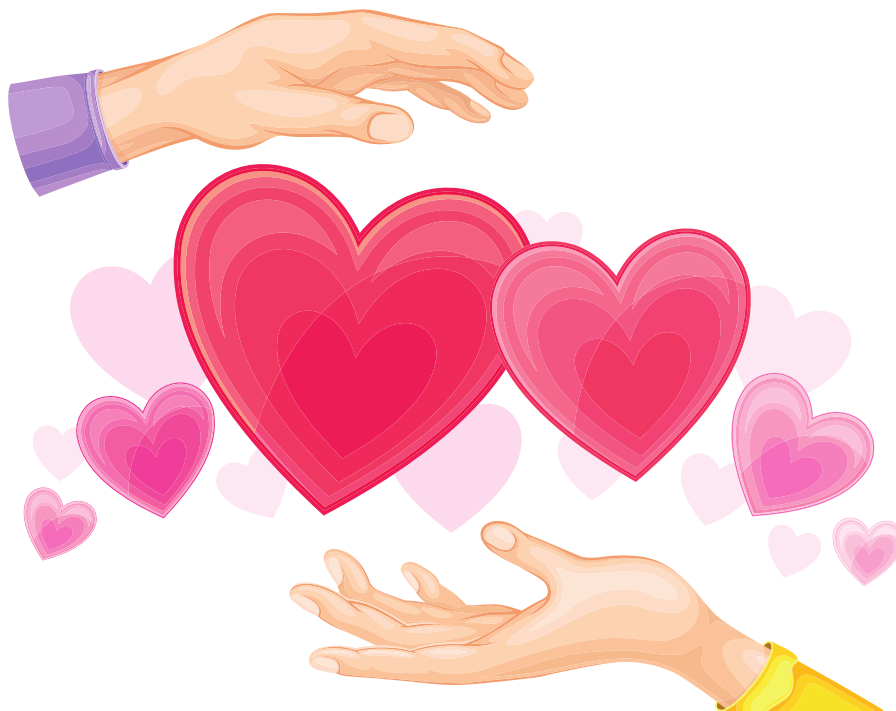
# UNDERSTANDING YOUR LOVED ONES' LOVE LANGUAGE

Understanding your loved one's love language, not only in romantic relationships but in all kinds of bonds, is very important to form loving and nurturing relationships.

**Often, we tend to express our affection towards our loved ones in the way we feel loved.**

For example, if you feel loved when your loved ones express their affection towards you with words of affirmation, you may also express your affection towards them with the help of words of affirmation. **However, your loved one's love language could be completely different from yours.**

So, expressing your affection towards them in a way they feel most loved is essential to form a deeper connection and enhance your relationship.



# What are the different love languages?

You are doing  
GREAT!

**1. Words of Affirmation** - feeling/ expressing love through words. For example, complimenting your loved one for working hard.

**2. Acts of Service** - feeling/expressing love by helping your loved one. For example, helping them fold their clothes.

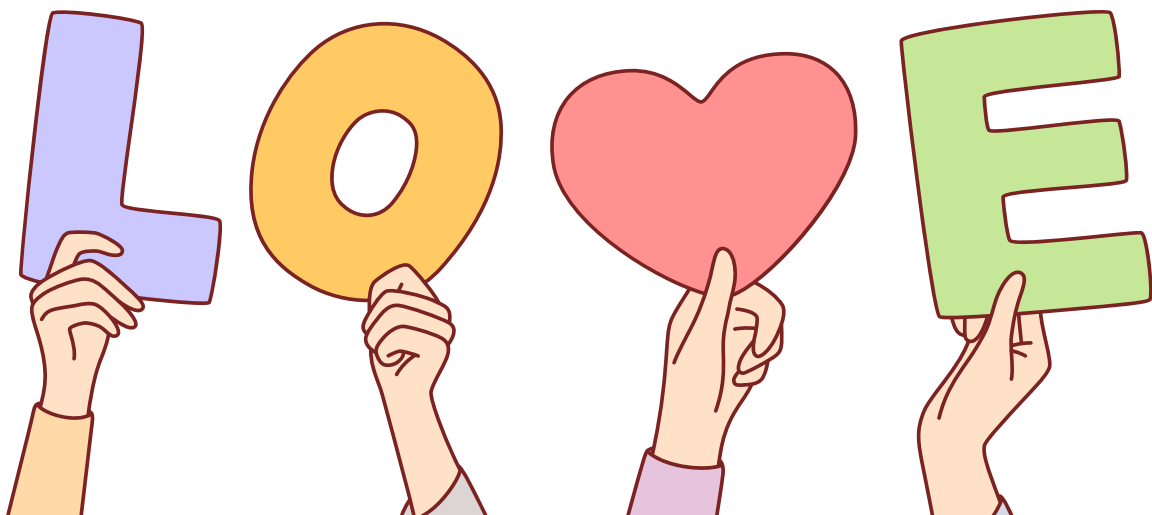
**3. Quality Time** - feeling/expressing love by spending time with your loved one with undivided attention. For example, putting down your phone when your loved one is talking to you.

**4. Physical Touch** - feeling/expressing love through physical forms of affection. For example, hugging your loved one when they're having a tough day.



**5. Receiving Gifts** - feeling/expressing love through meaningful gifts or surprises. For example, creating a thoughtful card for your loved one.

- **Encourage them to share their views:** Let your loved one open up about what they feel about the concept of love languages. Support them to reflect on their own preferences and experiences in giving and receiving love. Let them know that you truly value their perspective and are committed to actively listening and understanding.
- **Take our quiz:** Encourage your loved one to take the love language quiz to help them explore their love language.



**Once you and your partner are aware of love languages, take chances to ask each other the questions given below to understand each other better and foster a deeper understanding.**

*Feel free to write down your answers or your partner's so you're able to reflect on them later.*

- **Think about a time when you felt deeply loved and appreciated. What was happening, and how did it make you feel?**



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- **Can you recall a specific gesture or action that made you feel particularly loved or valued?**

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- **What are some things that I do or could do that make you feel loved and cherished?**

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- **When you're feeling down or upset, what kind of support or reassurance helps you the most?**

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- **Are there any love languages that you feel are less important for you or resonate less with you?**

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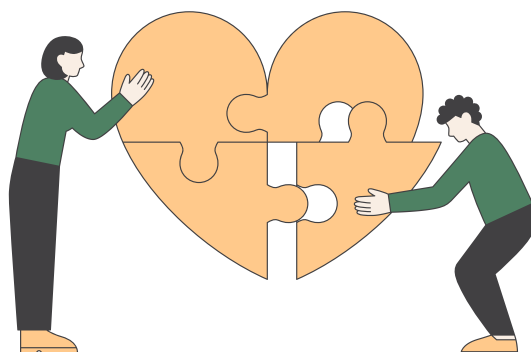
- **How do you like to express love to others? Are there specific actions or gestures that you tend to prioritise?**

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Encouraging an open and honest conversation can help you form a more nurturing bond and know more about each other.

**Try to actively listen to your loved one's responses and ask follow-up questions to understand their love language better.** This will also help you create a stronger emotional connection and express your affection towards them in a way that touches their heart the most.

Remember, understanding your loved one's love language and communicating yours is an ongoing journey. **Be patient, compassionate, and willing to adapt as you both continue to learn and grow together.** Together, you can embark on a journey of exploring and embracing each other's love languages, leading to a more meaningful and fulfilling relationship.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

