



Royal Flying
Doctor Service
QUEENSLAND SECTION

Love Languages

FROM THE FLYING DOCTOR

Attachment is a key part of being human. So if attachment and human connection is so deeply interwoven, what happens when we feel we aren't getting the love we need? Often, our partners, friends and family are expressing their love, but everyone is just speaking a different language. Dr Gary Chapman sought to explain how love could so easily become lost in translation and came out the other side with the 'Five Love Languages'.

WORDS OF AFFIRMATION

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Insults can leave you shattered and are not easily forgotten.

QUALITY TIME

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. It makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

RECEIVING GIFTS

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

ACTS OF SERVICE

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an Acts of Service person will speak volumes. Laziness, broken commitments, and making more work for them, tell those with this language their feelings don't matter.

PHYSICAL TOUCH

A person whose primary language is Physical Touch is, unsurprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—are all ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect can be unforgivable and destructive.



Love Languages

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Naturally we all fall into habits based on our own love language, but the person you are with may not feel appreciated in the same way you do. Giving a bunch of flowers to someone who has quality time as their love language may not be as effective as offering to go on a walk with them. Identifying your love language and your partner's love language can work wonders in your relationship. But where to go from here? We've got you covered! Now that you have identified your love language and your partner/friend/families love language, you can start brainstorming ways of speaking to them in a way that will fill their love cup. Just make sure you have the conversation with them too, so that you can feel the love in return. Below are a few ideas of what you can do for each of the love languages.

1. Words of Affirmation

- > Sneak a note into their lunchbox
- > Make a scrapbook about your love story
- > Tell them why you love them regularly

2. Quality Time

- > Plan a sunset picnic date without any distractions
- > Purchase a double pass gift certificate
- > Compile a weekend itinerary list

3. Receiving Gifts

- > Buy them items they regularly talk about
- > Get crafty and create something for them
- > Buy some clothes that suit their style

4. Acts of Service

- > Surprise them with a completed to-do list
- > Make them breakfast in bed
- > Offer to run an errand or do a chore

5. Physical Touch

- > Give them a massage
- > Gift them a cozy blanket or robe
- > Give them a hug when you greet them

Feeling seen, loved and appreciated is such an important aspect of our mental health and interpersonal relationships but is something that is so easily lost in translation. An understanding of what the five languages are and how they can be expressed is a simple tool in beginning the process of deepening your connection with the people you love and, in turn, your mental health.

source: www.5lovelanguages.com



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