



# HANDS-ON APPROACH

LEARN HOW TO COMMUNICATE WITH YOUR PARTNER THROUGH PHYSICAL CONTACT WITH THE LAST OF THE FIVE LOVE LANGUAGES – TOUCH

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**W**HAT a fun month I've had informing you all about the methods through which we express love: words of affirmation, acts of service, gifts and quality time.

As I conclude this series of the Five Love Languages, I'm sure you realise it's not just another cheesy Facebook post on "Five Saucy Ideas to Steam Up Your Love Life", a webinar on "Five How-To's to Love Lavishly" or another spiritual healing self-help book on "Five Ways to Channel Love Without Lifting a Lash".

This series should have unveiled the mystery of what your partner is really seeking from you. By now you've discovered the ingenuity of being assertive to ask for what you need as well.

If you received the simple message that it's important to step out of your own blue suede shoes and express your partner's love language, not yours – you've graduated. Easy.

Um – no, not always if you have different love languages.

Especially the fifth language of touch. I'm sure you'd like me to head straight south with this one. It is not, however, all

about a bit of crumpet, doing the higgerty bitterty or hitting a home run.

The longer I counsel couples, the more I realise that physical touch can be a deal-breaker.

Nothing is more to someone who's primary love language is physical touch than a tender caress. You may gift them all the fishing rods, 3D printers, fitness watches or bracelets you can afford this Christmas but nothing communicates love like physical touch.

Let's brainstorm on what physical touch could include:

- Holding hands
- Hugging
- Kissing (Has anyone seen Amanda Hugginkiss? I need Amanda Hugginkiss)
- Back rubs
- Arm around the shoulder
- Leg on leg while watching TV
- Head on lap on a rug in the sunshine
- Partner approaches the other behind pottery wheel and together create a pot from slippery wet clay with interlaced hands while *Unchained Melody* plays on a vintage jukebox.

OK I got carried away but once you've realised this love language features in your

relationship, the options are limitless.

Let's break it down further to "explicit touch", which could be requesting your full attention for a luxurious back massage or a lead-in to some afternoon delight.

"Implicit touch" can be a momentary connection such as a pat on the shoulder or a cheeky slap on the bot-bot as you pass by.

May I stereotype here to highlight that women with a touch love language appreciate the implicit version without the dread that it will always require "extras"?

While this too is fabulous fun, it's important to send a message that says, "You are more than my pleasure bunny and I love you for who you are." Just sayin', fellas.

Touch will need to be featured in your transitions of hellos and goodbyes. It's worth having a chat about what you appreciate when leaving your partner if this is your love language.

Enjoy the relief that if your partner appreciates touch, simply hold them tight instead of trying to conjure up all the right words.

If you were raised in a culture that did not display affection in this manner, it can be

rather uncomfortable. In fact, for some it is disturbing, excruciating and even embarrassing in public.

As with all new habits, practice. If you've found yourself in a relationship with someone with a touch love language, they'll appreciate your efforts more than you can imagine.

If it's relevant, I highly recommend you check out all the resources on the Five Love Languages for children and teenagers. It'll give you a wonderful parenting heads up on soothing your child and ensuring you show them the love they crave.

If you were missing in action for this series, head to my website and you can cram on all the fascinating articles there.

Watch this space next week for so much more that needs to be told on this tantalising topic of touch.

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