



Learn to speak your partner's love language so you both feel truly loved by one another.

PHOTO: PEXELS

THE FIVE LOVE LANGUAGES

EVERY PERSON EXPRESSES AFFECTION DIFFERENTLY SO IT'S NO WONDER SO MANY RELATIONSHIPS FAIL. DISCOVER YOUR STYLE (AND THEIRS) FOR LONG-LASTING LOVE

RELATIONSHIPS
WORDS: JOANNE WILSON

HAVE you ever gone to great lengths to display your affection and it falls flat?

Ever tried to pay someone a compliment or do something kind and they either barely noticed or seemed unappreciative?

Has someone even rejected your gesture? "What was that about?" you thought with dismay and hurt. You were probably confused as you would have loved it if someone said or did that to you. How could they be so rude?

Have you done something wrong?

Don't take this too harshly but yes, you probably did.

But not in the way you're thinking.

Everyone expresses and understands love differently and it changes from person to person.

This is called your love language and it is one of the many essential concepts in the marriage therapist's tool kit.

It's simple and effective. I can't tell you

how many clients have told me they wished they knew about this for their first marriage. Read the book by Gary Chapman or head to my website under Great Resources to find out your love language within minutes.

While you'd think displays of affection would be universal, you'd think wrong.

Every person communicates love differently.

Every. Single. One.

Sure, there will be overlap. "I love you" is straightforward across most people but we all have our quirks and desires. These aren't just based on the culture and society we grow up in but influenced by our upbringings and experiences as well.

I'm here to shine the light on yours to make sure you don't spend the rest of your next or current relationship flying on a different altitude to your partner.

Chapman suggests there are five types of love language and we use different combinations. The five types are: Words of

Affirmation, Acts of Service, Receiving Gifts, Quality Time and Physical Touch.

It's crucial you learn to speak each other's language so you both feel truly loved.

In this example, you need to learn how to express love through quality time and they need to learn how to use words of affirmation.

As a start, here are some examples of Words of Affirmation:

Thank you for doing the dishes.

You make me happy.

You are so beautiful/my big hot spunk.

Thank you for always being there for me.

You're my best friend.

You inspire me to do better.

If you're in a relationship and this is your love language, it's important to tell your partner exactly what styles of words you feel most loved hearing. Acknowledging your achievements could fill up your love cup, while hearing about their alluring looks is important for the next person.

The next step is to think further about how you want to hear it. Is it through handwritten notes, lipstick on the mirror, Snapchat or text message?

We are individually created and have preferences, so you may as well help your spouse with what you need to support your connection.

Email me your results from the 5 Love Languages analysis found on my website by next Friday and go in the draw for a date night for two, a 5 Love Languages colouring-in pack or the 5 Love Languages book.

I look forward to telling you about Acts of Service next week.

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