Communicating in Relationships

*This is how you can communicate using the 5 love languages….*

Physical Touch

* Hugs
* Hand holding
* Kissing
* Massaging

Words of Affirmation

* Bragging to others about your partner
* Praise or compliments
* “I value our relationship”

Quality Time

* Focused and undivided attention spent together
* Start a hobby together
* Take a trip together
* Plan date nights

Acts of Service

* Wash the dishes
* Make a coffee for them right in the morning
* “Let me do that for you”

Giving Gifts

* Make birthdays and anniversaries special
* Buy them their favourite food
* Tokens of gratitude