

*Just love others more.
Just love yourself more.
Really it's all just common sense
...or is it?*

5 Ways to Say I Love You, other than,

“I Love You”

BY NARI STEPHENS

Although loving others and ourselves is a fundamental concept in life, there seem to be very few practical instruction guides on the subject. If it's common sense, why is it that sometimes, when we are trying to express love to someone, they think we're being insincere or, worse, sarcastic? We often find ourselves clueless as to how we can express our love for another. Sitting there, trying to psychically transfer love into another person, like some kind of Jedi mind-trick, sometimes fails and results in frustration and distance.


It's interesting how the profound can come from simple things. *The Five Love Languages*, written by Dr. Gray Chapman, describes five simple things one can do to express love. Dr. Chapman has over 30 years of marriage counseling experience and has noticed that people express and interpret love in different ways. These ways can be categorized into five basic “languages.” The following explanations are posted on Chapman's website:

The idea is that, if your love language is Receiving Gifts, for example, you may agonize for weeks searching for

the perfect gift. If your loved one's love language is Acts of Service, though, when you present your gift, all they may think is, “Thanks, now where I am going to put this thing?” You could have spent those hours cleaning the bathroom and kitchen and it would have meant the world to them. Love given, love received. It's that simple.

The point is not “do unto others as you would have them do unto you.” It's actually “do unto others as they would have you do unto them.” If you learn someone's love language, then you can “speak” it to them so they will understand.

This also works for loving yourself. My love language is Words of Affirmation, and it was a revelation for me to discover that. I realized that I need to love myself using words. Those who know me well, know about my Wall of Love. I have almost every card or note that has ever been given to me taped on a wall in a mass array of color, pictures and, of course, precious words.

Imagine the possibilities for a second. I believe people do genuinely feel love for each other in their hearts, but are ignorant and frozen in their ability to express it so that others understand. Whatever else goes on in our lives, love is something we all fundamentally need. Using this simple guide and others out there, we are finally free to truly communicate love to each other. That will make all the difference in the world. 

LOVE

LANGUAGES

PHYSICAL TOUCH

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands and thoughtful touches on the arm, shoulder or face—they can all be ways to show excitement, concern, care and love.

QUALITY TIME

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. 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—makes your significant other feel truly special and loved.

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.

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. The words he or she most want to hear: "Let me do that for you."

WORDS OF AFFIRMATION

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward.

For more information & assessments can be found at www.5lovelanguages.com

5 LOVE LANGUAGES

By Dr. Gary Chapman

Rate each statement on a scale of 1 to 5, 1 being the least true about you & 5 being the most true about you.

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| _____ (A) I like to receive notes of affirmation from you. | _____ (E) I feel loved when you hold me in your arms. |
| _____ (B) I like to spend one-on-one time with you. | _____ (A) Your words of acceptance are important to me. |
| _____ (C) I like receiving gifts from you. | _____ (B) I like to spend time with you. |
| _____ (D) I feel loved when you give me practical help. | _____ (C) A handmade gift means a lot to me. |
| _____ (E) I like it when you hug me. | _____ (D) What you do affects me more than what you say. |
| _____ (A) I feel loved when you acknowledge me. | _____ (E) I like to hold hands with you. |
| _____ (B) I like taking long walks with you. | _____ (A) I like the kind words you say to me. |
| _____ (C) I feel loved when you surprise me with a gift. | _____ (B) I like to do things together. |
| _____ (D) I feel loved when you do things to help me. | _____ (C) I feel loved when you bring me breakfast in bed. |
| _____ (E) I feel loved when you hug or touch me. | _____ (D) I know you love me when you do things for me that you don't enjoy doing. |
| _____ (A) I like it when you tell me that I am attractive. | _____ (E) I like to sit close to you. |
| _____ (B) I like to go places with you. | _____ (A) I like when you compliment my achievements. |
| _____ (C) I like to receive little gifts from you. | _____ (B) I feel close when we are talking or doing something together. |
| _____ (D) I know you love me when you help me. | |

- _____ (C) I treasure the tangible symbols of love you give to me.
- _____ (D) I feel loved when you help me with my home projects.
- _____ (E) I feel whole when we hug.
- _____ (A) I value your praise and try to avoid your criticism.
- _____ (B) I like when you listen to me sympathetically.
- _____ (C) I appreciate the things you make for me.
- _____ (D) Your acts of service make me feel loved.
- _____ (E) I feel closer to you when you touch me.
- _____ (A) I like when you compliment my appearance.
- _____ (B) I feel loved when you take the time to understand my feelings.
- _____ (C) I feel loved when you celebrate my birthday with a thoughtful gift.
- _____ (D) I appreciate the many things you do for me.
- _____ (E) I like for you to touch me when you walk by.
- _____ (A) I feel loved when you celebrate my birthday with meaningful words (written or spoken).
- _____ (B) I really enjoy the feeling I get when you give me your undivided attention.
- _____ (C) I know you are thinking of me when you send me flowers.
- _____ (D) I really enjoy the feeling I get when you do some act of service for me.

- _____ (E) I feel secure when you are touching me.
- _____ (A) I like to be told that you appreciate me.
- _____ (B) I enjoy extended trips with you.
- _____ (C) I appreciate it when you remember special days with a gift.
- _____ (D) I feel loved when you help me out with my chores.
- _____ (E) Kissing me unexpectedly makes me feel loved.
- _____ (A) I feel loved when you tell me how much you appreciate me.
- _____ (B) I appreciate it when you listen patiently and don't interrupt me.
- _____ (C) Receiving a gift for no occasion makes me feel loved.
- _____ (D) I like to know that you are concerned enough to help me with my daily task.
- _____ (E) I feel loved when you kiss me.
- _____ (A) I need your words of affirmation daily.
- _____ (B) I like for you to look at me when we are talking.
- _____ (C) Your gifts are always special to me.
- _____ (D) I feel loved when you enthusiastically do a task I have requested.
- _____ (E) I need to be hugged by you every day.

SURVEY TALLY CHART



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