

# ALTERNATIVE WAYS TO SHOW LOVE



## There is more than one way to let someone know you love them!

Most of us have our typical ways that we show others we love and care about them. Maybe we enjoy sending flowers or dropping a quick text out of the blue. Maybe we help with chores or go along with them to their favorite activity, even if we don't really enjoy that activity.

Now matter how we choose to express it, our goal is to make sure they know they are loved and cared for. One of the ways to ensure you are meeting their specific needs for love, is to check out the Dr. Chapman's concept of Love Languages (<https://www.5lovelanguages.com/>).

His concept of **Love Languages** is a great way to focus on your partner and their needs. And February seems like the perfect months to take a few minutes to do his Love Languages quiz online with your partner!

### Acts of Service

These individuals feel most loved when someone does something for them.

These individuals feel loved when someone helps them out. This can mean helping them with their least favorite chore or just helping relieve some of their daily stress.

### Receiving Gifts

These individuals feel loved when they are given gifts. These gifts don't have to be fancy or expensive, it's the thought of the gift that makes them feel cared for and loved.

### Quality Time

These individuals feel the most loved when they are given your undivided attention. Spending one-on-one time with them is what makes them feel loved and appreciated. This can be spending special moments together or taking a weekend get-away, the importance if the attention and focus.

### Words of Affirmation

These individuals need positive words and words of encouragement for them to feel loved by others. Kind words or an unexpected note or text message make their day!

### Physical Touch

These individuals need physical

contact to feel loved and appreciated. This does not necessarily mean sexual contact, though it can. Physical touch is any touch: holding hands, a pat on the shoulder, a kiss etc...



Why don't you take a few minutes to figure out your love language and ask your significant other to do the same?? You cannot find a better Valentine's present than knowing what makes your special person know how special they are to you!

Follow us on Facebook for more information on mental health topics, such as depression, anxiety, parenting, & more.

For more self-care ideas, check out our 5-Day Self-Care Challenge on Teachable!

<https://luzio-associates-behavioral-services.teachable.com/p/5-day-self-care-challenge>