

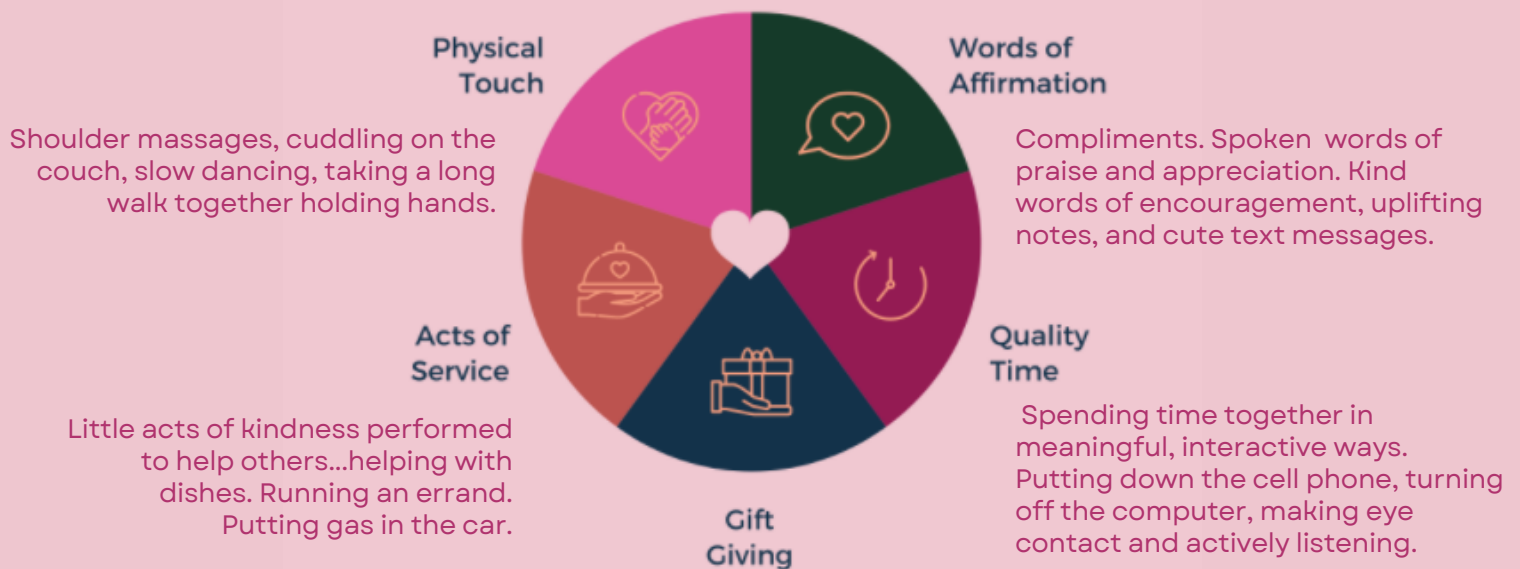


What's Your Love Language?

Way back in 1992, author and pastor Gary Chapman wrote “Five Love Languages” outlining his observations about how people express and receive love.

Love languages aren't just for the romantics among us - they apply to relationships between parents and children, coworkers, and friends. The key to love languages is regular communication, so the people in your life understand what **you** need (and what **they** need) to feel heard, understood, and appreciated.

The Five Love Languages



Why does understanding someone's love language matter?

Love languages promote selflessness, create empathy, help maintain intimacy, and aid in personal growth.

The caveat...



Love languages don't fix other relationship problems... While the love languages were a tool, couples researched demonstrated that accountability for their emotions and behavioral changes contributed the most to their overall happiness. [Learn more here!](#)