

HELIOS NEWSLETTER

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FEBRUARY



**THE 5 LOVE LANGUAGES
THE IMPORTANCE OF COMMUNICATION & RELATIONSHIPS**



IT'S FEBRUARY, A MONTH DEVOTED TO LOVE! HAVE YOU HEARD OF THE 5 LOVE LANGUAGES? LOVE LANGUAGES ARE SIMPLY THE WAYS PEOPLE GIVE AND RECEIVE LOVE. YOU AND YOUR PARTNER DO NOT HAVE TO SPEAK THE SAME LOVE LANGUAGE TO BE COMPATIBLE; YOU JUST NEED TO KNOW WHAT THEIR LANGUAGE IS SO YOU CAN "SPEAK" IT.



SO, WHAT ARE THESE 5 LANGUAGES, AND WHAT DO THEY MEAN?

1. WORDS OF AFFIRMATION:
EXPRESSING AFFECTION THROUGH
SPOKEN WORDS, ENCOURAGEMENT,
OR APPRECIATION.



2. PHYSICAL TOUCH: EXPRESSING
LOVE THROUGH PHYSICAL
CLOSENESS, SUCH AS CUDDLING,
HUGS, KISSES, OR HOLDING HANDS.



3. QUALITY TIME: EXPRESSING
AFFECTION THROUGH SHARED
ACTIVITIES, AND WITH THE MOST
IMPORTANT PART: UNDIVIDED
ATTENTION/NO DISTRACTIONS,
LIKE PHONES.



**IF COUPLES WORK TOGETHER TO LEARN AND SPEAK THEIR PARTNER'S LOVE
LANGUAGE, IT CAN LEAD TO A HEALTHIER, MORE SATISFYING RELATIONSHIP.**

LINSDAY WARREN, LLPC

**SOURCE: THE FIVE LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS BY
GARY CHAPMAN**



4. ACTS OF SERVICE: EXPRESSING LOVE
THROUGH DOING HELPFUL THINGS FOR
YOUR PARTNER, SUCH AS RUNNING AN
ERRAND, DOING A REPAIR, OR
COOKING A MEAL



5. RECEIVING GIFTS: EXPRESSING
AFFECTION THROUGH THOUGHTFUL
PRESENTS THAT SHOW YOU WERE
THINKING OF THEM - THE FOCUS IS ON
THE THOUGHT OVER THE PRICE.

