



Feeling unloved? Are you missing the signs...

Communication is a complicated, haphazard thing at the best of times. One of the most common communication struggles is the way in which we give and receive messages of love. It's easy to miss the signs of someone saying, 'I really care', if the way in which they show love is different to yours. Their behaviour may be shouting, **"I LOVE YOU"**, while you're hearing, **"You don't care anymore"**. The same can happen when you think you're showing you care but someone else misinterprets you completely because you haven't used their framework of 'love-giving'.

Which of the five love languages are you? Developed by *Dr.G.Chapman

Think about how you like someone to show you they love you? Is it through **1) words of affirmation**? You feel most needed and appreciated when receiving verbal compliments, words of appreciation, encouragement, kind and humble words. Or do you most value **2) quality time** with someone? It's doing things together and having undivided attention that counts the most. Or are you a **3) gift person**? Are you happiest when receiving things from your loved ones? It's not the price that matters but the thought and symbol of giving the gift that shows you someone is thinking of you. Or do you appreciate **4) acts of service**? For you, actions speak louder than words! You prefer someone to do things for you such as cooking a meal, giving a massage, cleaning the room... without having to ask. Or lastly, is **5) physical touch and affection** your thing? Receiving a hug, a kiss, squeezes on the shoulder, a pat on the back, a touch on the face or an arm around the waist is when you feel truly love. Touches can be 10 times as powerful and comforting as any words!

What you can do with this 'know-how' now...

Now you know what triggers a sense of love and appreciation in you, share it with your family. Let them know how to show you they care in a way that is meaningful to you. Do the exercise with every member of the family so that from now on all the effort of caring is received as it was intended and hits the mark for more contented and connected relationships.

*Further reading on "the 5 love languages" can be found in <http://www.5lovelanguages.com/> or the book "The 5 Love Languages: The Secret to Love That Lasts" by Dr. Gary Chapman.

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- ✓ Sometimes when we think we're showing love it misses the mark, causing discord.
- ✓ A little knowledge of the different 'love language' types can demystify the conflict.
- ✓ Do a family quiz and find out what everyone's preferred style of communication is to increase contentment.

"The happiest feeling of all is when you've made someone else feel truly happy."

Anonymous

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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