



How does your 'love tank' fill?

If your 'love tank' gets low you may end up feeling low too. "No one appreciates what I do! Why bother?" Left unchecked, these thoughts may lead to arguments, confusion and conflict. The theory of the 5 love languages and understanding what makes you feel loved and appreciated is a great way to restore connection and contentment fast.

Which language do you speak?

Gary Chapman, in his best selling book *The 5 Love Languages*, explains that most people tend to receive love in one of five ways, which determines their dominant love language. 1. Words of Affirmation 2. Quality Time 3. Physical Touch 4. Gifts and 5. Acts of Service.

Typically, the way someone receives love is also the way they naturally tend to show love, a common cause of people feeling unappreciated.

Let's consider Emma, whose love language is quality time and her husband Jake, who loves gifts. If Emma and Jake don't understand that they speak different love languages, they may run into trouble over time. Jake works long hours and loves to buy Emma gifts while Emma loves nothing more than spending time chatting with Jake in the evening, especially those precious moments after the kids have gone to bed. She feels isolated and unappreciated if Jake works late and they don't have time together, so you can guess what happens when Jake notices that Emma seems unhappy and takes on extra overtime work so he can buy something really special for her. He deprives her further of what she loves (and needs) most and will probably feel upset and confused when Emma doesn't appreciate his gift as much as he thought she would. They both end up feeling unappreciated despite the fact each one is trying hard to show their love.

Love smarter, not harder...

If Emma can explain to Jake that she needs one-on-one time with him and he can tell her how much he values her simple, impromptu gifts, they will both honour their own needs and, as a result, they'll be better equipped to meet each other's needs. Being able to **identify and ask for** what you need AND **identify and be willing to give** what your partner and children need is the key. Being bi-lingual in love is also helpful. When your love tank is full you're more able to top up their tanks too!

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- ✓ Our needs are basic; sincere praise, time, simple gifts, hugs and thoughtful deeds.
- ✓ Check you're using the same love language. Look for clues for what they want in what they do.
- ✓ It pays to be multi-lingual when it comes to love!

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."

Nelson Mandela

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