

# Unlocking the Power of Love Languages

## Shanette Smith, LMFT

### The 5 Love Languages

1. Quality Time- intentionally carving out/scheduling time to focus on and engage with the one you love.
2. Physical Touch- intentional expressions of love through touch and/or closeness
3. Acts of Service- intentional helpful, thoughtful deeds that offer support.
4. Words of Affirmation- intentional verbal and non-verbal expressions of love, gratitude, admiration etc.
5. Gift Giving – intentionally giving a thoughtful gift. Can create a greater sense of satisfaction for both the receiver and giver.

### Relationships

- Self- The relationship you have with yourself is the single most important thing. Understanding how you want to receive love is the first step in being able to meaningfully engage in another's love language.
- Family
- Romantic
- Friendships

### Communication/Connection

- Communication is the root of intimacy and is what can forge a deeper connection to the ones you love.

### Application of the 5 Love Languages

- Simply put, be intentional in the acknowledgement, communication and application of your love for self and others.

Figure 1. The effect of the concentration of the  $\text{H}_2\text{O}_2$  solution on the concentration of the  $\text{Cl}^-$  ions.