



DISCOVER
YOUR LOVE
LANGUAGE



I help women who are self sabotaging their health feel confident to make healthy choices and love themselves!

Different people with different personalities give and receive love in different ways. By learning to recognise these preferences in yourself and in your loved ones, you can learn to identify the root of your conflicts, connect more profoundly, and truly begin to grow closer.

Simone Braund

The Love Language Test

It's never too late to start loving better! The five types of love language are:

1. **Acts of service** for these people actions speak louder than words
2. **Receiving Gifts** for some people, receiving a heartfelt gift is what makes them feel most loved
3. **Quality Time** this language is all about giving the other person your undivided attention
4. **Words of Affirmation** this language uses words to affirm other people
5. **Physical Touch** to this person nothing speaks more deeply than appropriate physical touch

The most common issue in relationships is the communication barrier. Everyone experiences love differently. It's so easy to misunderstand when it comes to showing others that we care.

Doc Gary Chapman working as a marriage counselor noticed similar complaints from couples over and over. As his work went on he started trying to understand what couples required from each other and themselves. He asked himself the question? If one partner says "I feel like they don't love me? What do they really want?" He found that interestingly their needs fell into 5 different categories, revealing a unique approach to how to effectively love ourselves and another person.

These love languages can apply to all people and all areas of your life.

Each person has at least one primary love language that they prefer above the others.

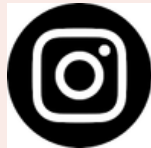
Love Language test <https://5lovelanguages.com/quizzes/love-language>

So how do you like to give and receive love?

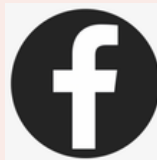


I hope that this information has given you some ideas on how to enhance your relationship with yourself and others.

If you have any questions please don't hesitate to contact me. If we are not already connected follow me on FB for more tips and join my FB group via links below. See you soon!



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