

Being Bilingual with the 5 Love Languages

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WHAT: The 5 Love Languages by Dr. Gary Chapman

Grab the book on [Amazon](#)

Take the 5 Love Languages Test: <https://www.5lovelanguages.com/profile/>

The 5 Languages: A Quick Overview

Acts of Service:

Nothing says, "I love you," like the phrase "Let me do that for you."

Quality time:

Nothing says, "I love you," like your full, complete and undivided attention.

Words of affirmation:

Hearing the words, "I love you," are good. Hearing why = PRICELESS.

Physical Touch:

Nothing says, "I love you," like a long, warm and unsolicited hug.

Gifts:

Nothing says, "I love you," like a gift that shows you truly know the person.

Questions to help you to become “Bilingual.”

Activity:

Talk to the person you are wanting to love well and discuss the following questions.

NOTE: It helps if you take test: <https://www.5lovelanguages.com/profile/>

What’s your top love language?

What are some of the best ways I can speak YOUR love language?

Are you a “Acts of Service” person?

Maybe it’s taking care of the dishes.

Are you a “Quality Time” person?

Maybe it’s 15 minutes of uninterrupted time on the couch together.

What’s something specific we want to do to love each other well... this week?

Mitch Matthews is a successful entrepreneur, international keynote speaker and best-selling author.

His “DREAM. THINK. DO.” Podcast is also at the top of the iTunes charts & has been rated #1 by the Huffington Post. Find out more at MitchMatthews.com.