

The 5 Love Languages-G. Chapman

Reflection

What is your love language? What can other people do to show they love and appreciate you? This topic is very interesting as it does not have to be pigeonholed into romantic love. There are many kinds of love and humans love to be and feel appreciated. Education often tries to keep the word “love” out of its vernacular as it brings up emotions and newslines centered around inappropriate relationships. Often these stories are focused on the wrong type of love. All humans have a need to feel like they are cared for and belong. Discovering the love language of both your staff and students can go miles towards developing a caring, nurturing, inclusive culture that will ultimately allow both adults and students to thrive while under our care.

Notes

1. Words of affirmation
 - a. Words that build up
 - b. Compliments, thank yous, “I appreciate that you ____”
 - c. Encouraging words to develop an interest they have
 - d. Make requests, not demands
2. Quality time
 - a. Giving somebody your undivided attention
 - b. Some people live together without being together
 - c. Sympathetic listening is a must
 - i. Research shows we only listen 17s before jumping with our own comments
 - d. *Make the time*
3. Receiving Gifts
 - a. Something you can hold in your hands
 - b. Token of love
 - c. Gifts can be free, found, or bought
 - d. Physical presence is the best gift of love you can give
4. Acts of Service
 - a. Doing things you know your partner wants of you
 - b. Make a list of all the requests made of you over two weeks—good place to start
5. Physical touch
 - a. Been shown to make deep connections in children and babies
 - b. Touch doesn’t have to be localized to one area of the body