

Five love languages

In relationships there are five love languages and usually we have a preference and... the preference can change.

The five are:

- Acts of service
- Touch
- Saying nice things
- Quality time
- Gifts

This book is from the 90s so has been around quite a while. I did hear a few folks a little while ago say that if a bloke on a first date, held the door, stood up as his date sat down, let her order first and generally did nice things for her (acts of service), she'd be in love with him after just that date.

I'm not sure about that but it is interesting.

At work, there are only four languages of love because touch is not a good idea. They then are:

1. Acts of service
2. Saying nice things
3. Quality time
4. Gifts

You can find out your love language, work appreciation language and more on their website here -> <https://5lovelanguages.com/>

You have to pay for the work one, or you can use this free quiz here -> <https://ofthewest.co/wp-content/uploads/2022/03/Languages-of-Appreciation-Quiz.pdf>