

# Mental Health Monthly

July 2024

The monthly newsletter to help you fortify your mental wellness.

## A note from the Editor

In addition to knowing our attachment style and personality profile, a valuable tool in building emotional intelligence is understanding love languages. John Bowlby, the psychologist and psychoanalyst who developed the attachment theory (see February 2024 newsletter) argues that the desire to feel loved is an "integral part of human nature throughout adult life". While not a clinical concept, experts suggest understanding love languages can promote reciprocity in relationships, a sense of contingency (feeling understood) and personal healing.

The concept comes from a book originally written in 1992 by pastor and counselor Dr. Gary Chapman titled "The Five Love Languages: How to Express Heartfelt Commitment to Your Mate". Chapman suggests that while we all express and receive love differently, doing so can be broken down into 5 core languages: words of affirmation, quality time, gifts, acts of service, and physical touch. We will generally enjoy each language to some degree but have a primary language that helps us to love and feel loved. Chapman even argues we can rank each language in order of preference, sometimes depending on the situation.

Obstacles may arise when our partner's love language differs from our own; by missing their preferred way of receiving love, you might be loving hard but they might not feel it. Take the quiz, give it to your partner, read up on the languages, and have a conversation- a little will go a long way!



## The 5 Love Languages

*How to Connect With Your Partner*



### ACTS OF SERVICE

Run an errand for your partner, cook a meal, complete a household chore



### GIFTS

Give thoughtful and meaningful gifts of any size, without an occasion



### PHYSICAL TOUCH

Hug, kiss, hold hands



### QUALITY TIME

Give your partner undivided attention via exclusive time together



### WORDS OF AFFIRMATION

Offer verbal compliments and words of appreciation

From [www.thehealthy.com](http://www.thehealthy.com)

**"All you need is love. But a little chocolate now and then doesn't hurt."**

**Charles M. Schulz**

# Upcoming Events

2 Day Wellness Retreat at Animal Sanctuary.  
October 19-20th, 2024  
330 Spring Forest Dr, New Smyrna Beach, 32168

The 5 Love Languages® Family Conference  
November 16th, 2024; 9 AM to 3:30 PM  
Canton Baptist Temple  
515 Whipple Ave NW, Canton, OH, 44708 US



## What does that even mean?

**Words of Affirmation:** communicating affection through spoken and written praise, appreciation, encouragement, and frequent “I love you’s”. People with this primary love language may feel hurt by non-constructive criticism or a lack of verbal appreciation.

**Quality Time:** expressing love by fully focusing attention on your partner through shared activities, conversation, and togetherness. People with this primary love language may feel hurt by their partner being distracted during time spent together.

**Physical Touch:** showing care through affectionate physical contact like hugging, kissing, and sex. People with this primary love language may be hurt by cold affection or long stints without physical intimacy.

**Acts of Service:** doing thoughtful deeds and gestures to help make your partner’s life easier by relieving burdens. Without follow through, the person with this primary language may feel hurt.

**Receiving Gifts:** giving meaningful surprises and symbolic presents to celebrate affection. Those with this primary love language may feel hurt by forgotten occasions or unenthusiastic gift receiving.

## Noteworthy Clinicians Spotlight

Gary Chapman, Ph.D is a pastor, author, marriage counselor and director of marriage seminars. Chapman's books have sold over twenty million copies and has been on the New York Times bestsellers list since 2007. Chapman has been directly involved in real-life family counseling since the beginning of his ministry years, and his nationally syndicated radio programs air nationally on Moody Radio Network and over affiliate stations.

## Resources

[Free quiz: What is your primary love language?](#)

[5 Languages of Appreciation at the Workplace by Drs. Gary Chapman and Paul White](#)

**Please make note of our new office address!**

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