



**LET'S TALK ABOUT LOVE...  
THE LOVE LANGUAGES!**

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**PRONOUNS: HE/HIM/HIS**

# OVERVIEW & GOALS

- Talk about Love Languages Test and Identify your own Love Language
- Small Group and Discuss Love Language Findings
- Identify ways we can utilize our knowledge into the workplace

**Small Potential Content Warning:** The topic of “Love” and discussion of more personal interpretations of “Love” could contain potentially distressing material. Participants should not feel any obligation to share personal details and this presentation is only meant to be for informational purposes only. Please consult your acting supervisor or resources in your workspace for helping finding crisis resources.

# LOVE – WHAT DO WE THINK ABOUT?



# OTHER FORMS OF LOVE

- Love of your work!
- Love of yourself!
- Love of your passion and hobbies!
- Love of where you live!



# THE LOVE LANGUAGES

- Relationships grow better when we understand each other
- Everyone receives love differently and when we have some insight into these differences, we can be confidently equipped to communicate stronger
- 5 Love Languages: Quality Time, Physical Touch, Receiving Gifts, Words of Affirmation, and Acts of Service
- TIME TO TAKE YOUR QUIZ: <https://www.5lovelanguages.com/quizzes/teen-quiz/>

# BREAKING DOWN THE LOVE LANGUAGES

WORDS OF AFFIRMATION	PHYSICAL TOUCH	QUALITY TIME	RECEIVING GIFTS	ACTS OF SERVICE
<ul style="list-style-type: none"><li>• Words that build people up</li></ul>	<ul style="list-style-type: none"><li>• Feeling more connected in safe with psychical touch</li></ul>	<ul style="list-style-type: none"><li>• Undivided attention, no phones, no e-mails, just you and that person</li></ul>	<ul style="list-style-type: none"><li>• A meaningful or thoughtful gift is appreciated</li></ul>	<ul style="list-style-type: none"><li>• Actions speak louder than words</li></ul>
<ul style="list-style-type: none"><li>• Verbal compliments don't have to be complicated; the shortest and simplest praises can be the most effective</li></ul>	<ul style="list-style-type: none"><li>• A good hug can go a long way</li></ul>	<ul style="list-style-type: none"><li>• Dedicating time to one another</li></ul>	<ul style="list-style-type: none"><li>• Grabbing them a treat, writing a letter, or getting supplies for them</li></ul>	<ul style="list-style-type: none"><li>• Asking to help, going out of your way to do something helpful or nice</li></ul>
<ul style="list-style-type: none"><li>• <i>Words mean a lot both positive and negative</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Consensual physical touch is key</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Canceling quality time could be more hurtful</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Unthoughtful gifts could have the wrong impact</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Actions out of obligation or with a negative tone are problematic</i></li></ul>

# LOVE LANGUAGE MEME



## The Five Love Languages as told by a burrito

### Words of Affirmation

“This is a good burrito”

### Acts of Service

“I made you a burrito”

### Receiving Gifts

“Here’s a burrito”

### Quality Time

“Let’s go get some burritos”

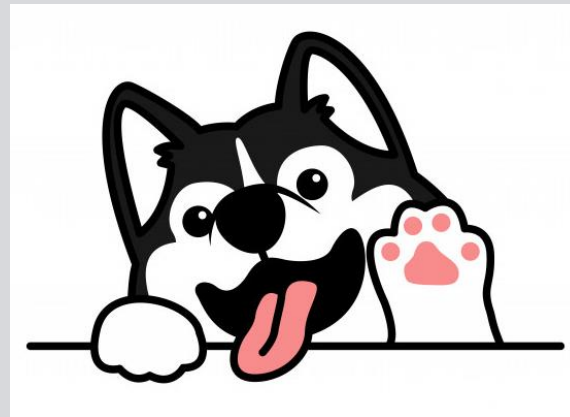
### Physical Touch

Arms around a person wrapped in a warm hug, like a burrito



# NOW IT'S YOUR TURN!

- Take 3-4 minutes and think of some examples you could interact with an advisee/student for each of the five love languages
- Think less is more, simple, easy, and effective ways
- We will group share!





# WHAT DID YOU ALL COME UP WITH?

## Words of Affirmation

- “You can very prepared for this advising meeting, great job.”
- “Your grades are improving and it’s clear how hard you’ve been working.”
- “Our meetings are always so productive. I look forward to meeting with you.”

## Acts of Service

- “I dropped that class for you and registered you for the other class.”
- Connecting students to resources via e-mail or phone
- Printing out materials for a student

## Quality Time

- Closing your laptop or turning off your computer
- Not answering your phone and not checking your watch
- “This is our meeting so let’s talk as long as we need”

# WHAT DID YOU ALL COME UP WITH?

## Receiving Gifts

- Giving a student a pen in your office when they don't have one
- Offering students mints or hand sanitizer
- Having some swag items to give away

## Physical Touch

- Consensual, can I give you a high five?
- I can't hug you right now because of the virus but sending virtual hugs!
- Handshake at the end of the meeting

# FURTHER FOCUS

- Working on team building
- Dive deeper into learning your own Love Language
- Try taking the Anger and Apology Language Tests
- Always strive to fulfill our mission and work on relationship building
- **Garick's story working with a student (Theory to Practice)**

