

THE LANGUAGE OF LOVE

MORE THAN JUST
3 WORDS...

I love you

WHAT IS YOUR LOVE LANGUAGE?

Love is not one-size-fits-all. What makes one person feel deeply appreciated might barely register for someone else. This quiz helps you understand how you most naturally receive love through everyday moments.

TAKE
THE

Quiz



SHARE THE LOVE

Which love language is your
partner/friend/family or colleague?

Take time to notice how the people around you feel cared for,
so your words and actions reach them in ways that **truly matter**.

PHYSICAL TOUCH

QUALITY TIME

ACTS OF SERVICE

WORDS OF
AFFIRMATION

GIFTS

If you are not feeling the love, reach out to a counsellor.

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