

The background of the entire page is a complex, abstract pattern of black and white wavy lines, creating a sense of movement and depth. In the upper right quadrant, there is a small, detailed illustration of a bird in flight, facing left. The bird's wings are spread, and its tail feathers are visible.

sophie **parienti** presents

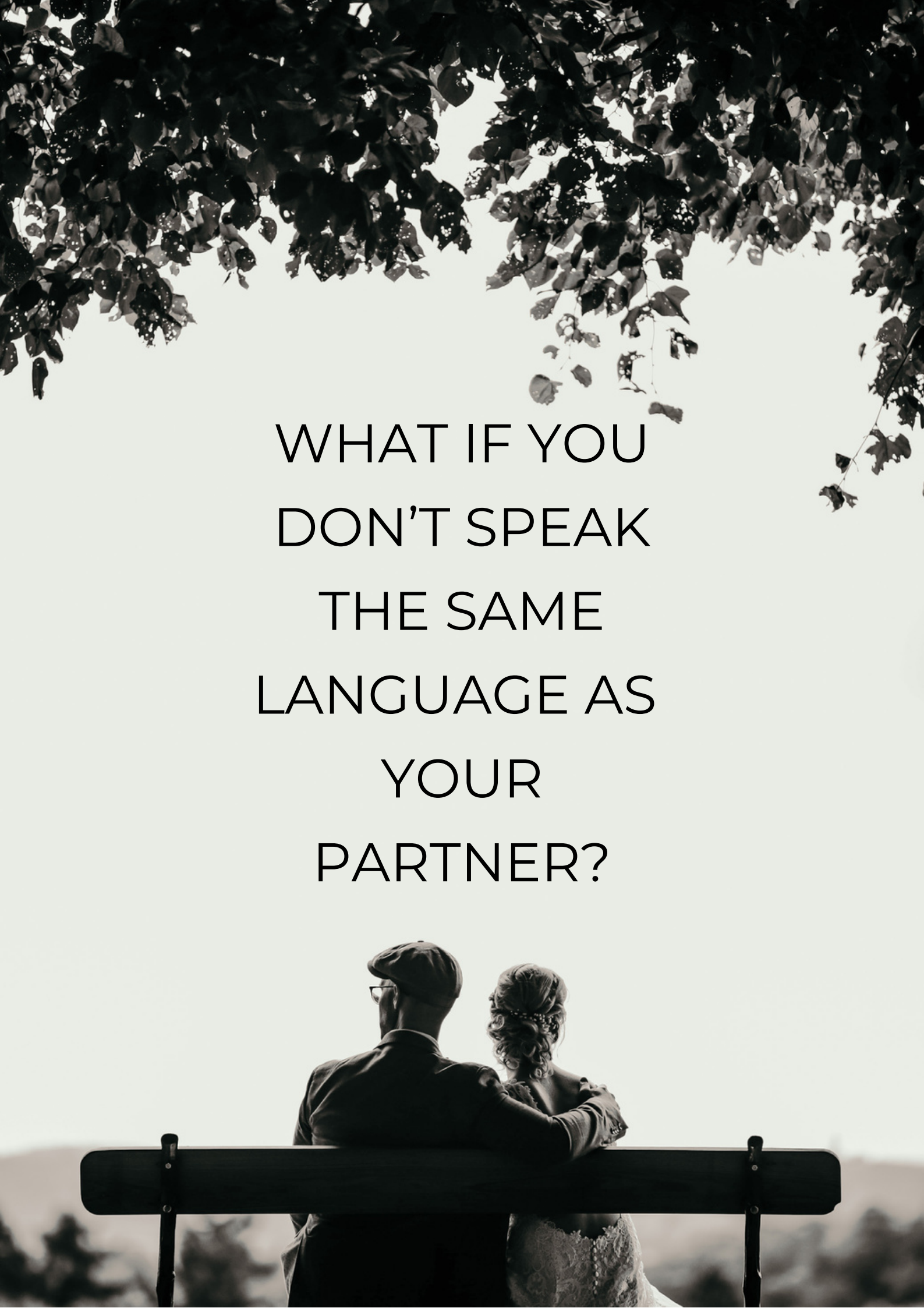
5 love languages

Become a polyglot of
Love Languages

TABLE OF CONTENTS

INTRODUCTION	3
THE FIVE LANGUAGES OF LOVE	4-9
THE NECESSITY TO BE POLYGLOT	10-12
CONCLUSION	13



A black and white photograph of a couple sitting on a bench, seen from behind. The man is wearing a cap and glasses, and the woman is wearing a lace dress. They are sitting under a large tree with dense foliage. The text is centered in the middle of the image.

WHAT IF YOU
DON'T SPEAK
THE SAME
LANGUAGE AS
YOUR
PARTNER?

INTRODUCTION

What if you don't speak the same language as your partner?

What if using the same alphabet wasn't enough to understand the expression of your love?

Based on the work of Gary Chapman, I will show you that one language can hide another, even four others! And above all, being polyglot in love can avoid many conflicts!



THE 5 LOVE LANGUAGES

The country in which we grew up, its culture, its traditions, the education we received, the communication codes of our environment, the model of our parents' couple, etc., are all elements that condition how we perceive love and express our love feelings.

In other words, we express our love in a language familiar to us because we have heard it and codified it in this way since our earliest childhood.

Your way of understanding and speaking love is one of the 5 languages used to express feelings. You may speak more than one, but you have mastered one in particular.

By learning about these 5 languages, you will recognize which one you understand and express best, as well as your partner's love language.

THE LANGUAGE OF PHYSICAL TOUCH

/ No. 1

It's the language of those who hug... and never tire of it; who find comfort in the arms of their loved ones; who crave hugs, cuddles, and kisses; who walk arm in arm down the street with their friends; who give a friendly pat on the back to a colleague they like.

As children, they seek out their parents' arms or knees to sit on. But also, they may get into fights if they need to express their anger on the playground.

Physical contact is essential to the balance of those who speak this language, and it is the ultimate way for them to express their feelings and feel loved.



THE LANGUAGE OF WORDS OF AFFIRMATION

/ No. 2

Those who speak this language express their feelings through words, loving words, praise, comfort, etc.

The question "Do you love me?" will often be asked by the speaker who understands this language; hearing gratifying and comforting words strengthens their self-esteem and eases their doubts and insecurities.

The enveloping words are proof of affection, tenderness, friendship, recognition, or love for the one who speaks this language.

- A written letter
- A small message on a Post-it
- A text message sent during the day
- Words whispered in your ear
- Compliments received



THE LANGUAGE OF QUALITY TIME

/ No. 3

Devoting quality time to each other, reserving moments of sharing, taking time out for leisure activities together, and giving of themselves when they meet again are the essentials of the love expression for partners who speak this language. Having common interests can then facilitate the development of the couple.



THE LANGUAGE OF GIFTS

/ No. 4

Receiving or offering a gift to those you love is a sign of importance, attention, and interest. For those who speak this language, knowing the other person's tastes and finding the object that will please them is a sign of affection, even love.

They remember to show their attention with a present on birthdays, Valentine's Day, when visiting friends, or at a colleague's farewell party.

They enjoy receiving surprises, and the value they place on gifts is not so much the price as the associated gesture.



THE LANGUAGE OF ACTS OF SERVICE

/ No. 5

Preparing breakfast, taking care of the one who is sick, going to buy the missing baguette for dinner, doing the dishes and turning the washing machine, coming to pick up your lover at work to avoid public transport, etc., are all proof of the interest you have in your partner.

This language is that of the acts taken and the tasks accomplished, which, by facilitating the partner's life, express the feelings.



THE NECESSITY TO BE POLYGLOT

In a couple, the different ways of expressing feelings are sometimes a source of confusion and frustration. Indeed, it is generally in our language that we expect our partner to express their love without realizing that they may say it in another language.

Speaking a different language of love can therefore encourage conflicts in the couple.

Have you ever been confronted with the feeling of not being loved by someone who tells you the opposite, going so far as to argue to justify your doubts?



think about it

NOT KNOWING EACH OTHER'S
LOVE LANGUAGE LIMITS THE
PARTNERS' ABILITY TO GIVE
AND RECEIVE IT.



EXAMPLES...



John speaks the love language of service. When he installs new shelves for his wife, Mary, mows the garden lawn, and prepares the diner, he shows and expresses his love for her.

Mary speaks the language of physical contact. She is never far from her husband, John, to steal a kiss; in the street, she always takes his hand; she is never stingy with tender gestures and snuggles up to him to fall asleep.

Mary reproaches John for not being demonstrative and doubts his feelings towards her.

Despite all he does to help her, John does not understand the frustration and questions of his wife, Mary. Besides, what does she do for him that could make him believe in her love for him?

This example shows that expressing feelings differently and not being aware of them can lead to misunderstanding, frustration, doubt, conflict, etc.

CONCLUSION

When reproaches take place in the partners' communication, it is time to question their language of mutual love.

- You never tell me you think I'm pretty.
- You never help me take out the garbage,
- You never give me flowers,
- You never spend time alone with me,
- You never hug me,

Etc.

This type of remark often expresses a need to feel loved by the other person; it is a sign that our emotional reservoir, which is more or less challenging to fill depending on our backgrounds, needs to be filled with love.



So, instead of maintaining the reproach, the criticism, and the judgment which creates separation and increases dissatisfaction, it is advisable to ask the good questions:

- How do we tell each other we love each other?
- How do we feel loved by the other?
- What is the language of love that we master?

Then, with the will to encourage the expression of love in the couple and the satisfaction and the blooming of each one, it is necessary to learn to communicate in the language of the other... and to practice it!



to your
extraordinary
self!



sophieparienti.com