

Mindful Paths

Wellness Watch Newsletter ••• Volume 4, Issue 2

Are you having difficulty in a significant relationship?

Differences in love languages may be the cause.

Dr. Gary Chapman is well-known for his 5 love languages and his work with couples. Love languages are not only relevant to couples, Dr. Chapman has written books on love languages as they relate to children, stepfamilies, for parents of children with disabilities, teens, adult children, and religion. Below is a brief description of the five love languages:

Words of Affirmation

Affirming others with words.

Acts of Service

Doing things for others.

Receiving Gifts

Feeling the most loved when receiving a gift.

Quality Time

Giving others your attention.

Physical Touch

Feeling the most loved when receiving appropriate touch.

We tend to give love the way we prefer to receive love. However, the way we prefer to receive love may not be the way important people in our lives prefer to receive love. Therefore, the key to improving communication and connection with those your care about is understanding the love language of the other and expressing love in ways they prefer to receive.

For more information on Dr. Gary Chapman and the 5 Love Languages, the website www.5lovelanguages.com has several resources including a quiz section to identify your personal love languages.

Upcoming Grief Support Group

15-week group
beginning February 3rd

12:00pm

6:30pm

Contact McLane Church for
more information:

814.734.9107

Mindful Paths will help
you take the first steps on
your path to mental
wellness.



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Mindful Paths accepts several commercial health care plans. Hours are by appointment. Please feel free to copy and distribute this newsletter to others who may benefit from the information. If you do not wish to receive newsletters from Mindful Paths LLC, please call or write with your preferences.

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