



5 LOVE LANGUAGES FOR YOUNG ADULTS: CONNECTING AND COMMUNICATING

MOMproof

Words of Affirmation

- Express love through verbal appreciation.
- Compliments, encouragement, kind words.
- Send positive texts, leave sticky notes or have heart-to-heart conversations.

Quality Time

- Connect through undivided attention.
- Plan movie nights, walks, or game sessions together.
- Put away distractions and actively listen during conversations.

Physical Touch

- Communicate affection through touch.
- Hugs, high-fives, or hand-holding.
- Offer a comforting hug or pat on the back during difficult times.

Acts of Service

- Show care by helping with tasks.
- Cook a meal, run errands, or do chores.
- Offer assistance with homework or projects when needed.

Receiving Gifts

- Demonstrate thoughtfulness with gifts.
- Surprise with small tokens of appreciation.
- Plan surprise gift exchanges or celebrate achievements with meaningful presents.

APPLYING LOVE LANGUAGES FOR STRONGER CONNECTIONS:

DISCOVER THEIR LANGUAGE: OBSERVE HOW THEY EXPRESS LOVE AND WHAT THEY APPRECIATE.
COMMUNICATE OPENLY: DISCUSS LOVE LANGUAGES TO UNDERSTAND EACH OTHER'S PREFERENCES.
MIX AND MATCH: COMBINE MULTIPLE LANGUAGES FOR DIVERSE EXPRESSIONS OF AFFECTION.
BE CONSISTENT: REGULARLY SHOW LOVE IN THEIR PREFERRED LANGUAGE TO STRENGTHEN BONDS.
ADAPT AND GROW: LOVE LANGUAGES MAY EVOLVE, SO STAY ATTUNED TO CHANGES.