

# Day 3: Identifying Love Languages



A Guide by  
Shree's Essencia

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# **Day 3: Identifying Love Languages**

**Theme: Observe how your loved ones express love and identify their love language.**

**Story: A Day of Understanding Love**

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The morning sun peeked through the curtains as Sita sipped her tea, letting the warmth fill her senses. It was a peaceful start to the day, and she had decided to pay close attention to how the people around her expressed love. She had recently learned about the five love languages: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. Today, she wanted to notice how those around her communicated their love language, whether it was through actions, words, or gestures.

### **Types of Love Languages:**

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

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# THE 5 LOVE LANGUAGES

## Words of affirmation

Showing love through kind words, compliments, and appreciation, like saying "I love you" or "I'm proud of you."



## Acts of service

Expressing love by doing helpful things, such as cooking a meal, running errands, or offering support without being asked.

## Receiving gifts

Showing love through thoughtful gifts, whether big or small, like a handwritten note, a favorite snack, or a special surprise.



## Quality time

Expressing love by giving undivided attention, having meaningful conversations, or simply spending time together without distractions.

## Physical touch

Showing love through physical gestures like hugs, holding hands, or a reassuring pat on the back.



## Morning: A Quiet Moment with Her Mom

As Sita helped her mother with breakfast, she noticed how her mom was always thinking of the small things. She made sure Sita's favorite tea was just the right temperature and even brought her a little extra toast, knowing she liked it crispy. Sita smiled, realizing that her mom expressed love through **Acts of Service**—small, thoughtful gestures that showed how much she cared.

“Here you go, dear,” her mom said, placing the plate in front of her. “Just the way you like it.”

Sita's heart warmed. It was such a simple act, yet it spoke volumes about her mom's love and thoughtfulness.

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## Afternoon: A Surprise from Her Friend

Later in the day, Sita met her best friend, Seema, for lunch. As they caught up over their favorite pasta, Seema pulled out a small, wrapped box from her bag.

“I saw this and thought of you,” she said with a grin.

Sita opened it to find a delicate silver bracelet, just like the one she had admired during their last shopping trip together. Touched by the thoughtful gift, Sita realized that Seema’s love language was **Receiving Gifts**. But it wasn’t just the gift that moved her—it was the thoughtfulness behind it. Seema had remembered the bracelet and made the effort to get it for her.



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## Evening: Movie Night with Her Partner

That evening, Sita and her partner, Raj, decided to unwind with a movie. As they settled on the couch, Raj gently took her hand and held it, his thumb gently brushing over her knuckles. Sita felt a sense of comfort in that simple touch.

She smiled to herself, recognizing that Raj's love language was **Physical Touch**—the small, tender ways he made her feel close and cared for.

Later, when Raj paused the movie to grab Sita a blanket without her asking, Sita noticed that **Acts of Service** was also a part of how he showed love.

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## A Call from Her Father

Just before bed, Sita received a call from her father. He didn't have any particular reason for calling, but simply asked how she was doing and reminded her how proud he was of the work she was doing. He always had the right words to encourage her.

"I know you've been working hard, and I just want to say that I'm really proud of everything you've accomplished, Sita," he said. "You're doing great."

Sita's heart swelled as she realized her father expressed his love through **Words of Affirmation**. His encouragement always lifted her spirits, especially when she doubted herself.

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## **A Cozy Moment with Her Sister**

Before bed, Sita sat down with her younger sister, Urmila, to chat. They shared a laugh, talked about their day, and simply enjoyed each other's company. Sita cherished these moments—just being in the same space with Urmila, without any distractions.

She realized that Urmila's love language was **Quality Time**. These moments, when they could simply be together and talk, were the ones that made her feel most loved.

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## Reflection Before Bed

That night, as Sita reflected on her day, she realized how love was expressed in so many different ways. She thought about:

- Her mom's Acts of Service – making her tea just the way she liked it.
- Seema's thoughtful Receiving Gifts – showing how well she knew Sita's preferences.
- Raj's Physical Touch – making her feel loved and safe.
- Her father's Words of Affirmation – always offering encouragement and support.
- Urmila's Quality Time – when they could just be together without any distractions.

Sita felt deeply grateful for the people in her life, and as she reflected on their unique ways of expressing love, she felt a renewed sense of connection and appreciation. Understanding their love languages made her appreciate them even more, and she decided to make an effort to express her own love in ways that resonated with each of them.

## Reflection

Like Sita, we all express love in different ways. The key is to notice these gestures, no matter how small, and understand that they are a reflection of how others care for us. Recognizing these expressions can deepen our connections, fostering greater empathy and understanding, and making us more appreciative of the people we love.

## Activity

- 1. Reflect:** Think about someone close to you. How do they express their love toward you? In what ways do their actions, words, or gestures reflect their care? Which love language do they speak?
- 2. Identify Your Own Love Language:** What ways do you feel most loved? Is it through words, actions, gifts, time, or touch?

## **Why Love Languages Matter?**

Understanding love languages helps us better communicate and strengthen our relationships. When we learn how others give and receive love, we can reciprocate in ways that feel meaningful to them, making our bonds deeper and more fulfilling.

### **Closing Thought**

Sita learned that love isn't always expressed in grand gestures. Sometimes, it's the small things that make a big impact. By understanding and appreciating the different love languages, we create a space where love can deepen, grow, and flourish in our lives, enhancing our connections and creating more meaningful relationships.

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## Guided by the Bhagavad Gita:

The Gita teaches that each individual has their unique dharma (purpose) and nature. In **Chapter 3, Verse 35**, Krishna speaks about fulfilling one's duty according to their nature. Similarly, each person expresses love through different methods, whether through words, actions, or time. Understanding these differences respects each person's way of expressing love.

### Relevance:

Recognizing and honoring these differences aligns with the Gita's call to respect and understand each person's unique path. Just as Krishna encourages Arjuna to follow his own dharma, respecting individual love languages acknowledges each person's unique and authentic way of connecting with others.

*Thank you!*

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