

LIVE LIFE WORKSHOP 2

Family Goals: Communicating Your Love Language to Spouse and Family

COMMUNICATION



Communication consists of



Verbal
communication

Non-verbal
communication



Importance of effective communication in the family

- Foundation of a strong, productive, happy, and loving family
- Key to the building of healthy and loving relationships with others
- Sets the stage for children to develop positive self-image

The Love Languages





Words of Affirmation

verbal encouragement and admiration

“I believe
in you”

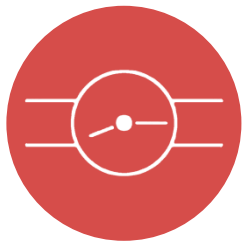
“I love
working
with you”

“I’m
blessed to
have you”

“You mean
so much
to me”

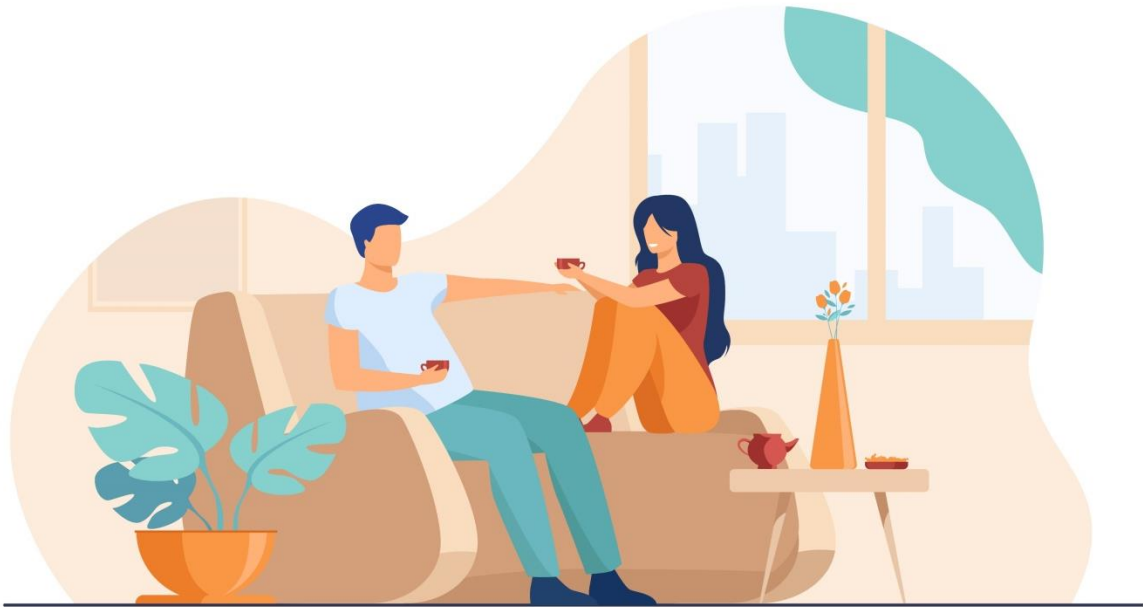
“You
always
amaze me”





Quality Time

amount of time spent with each other, doing things or simply doing nothing together





Receiving Gifts

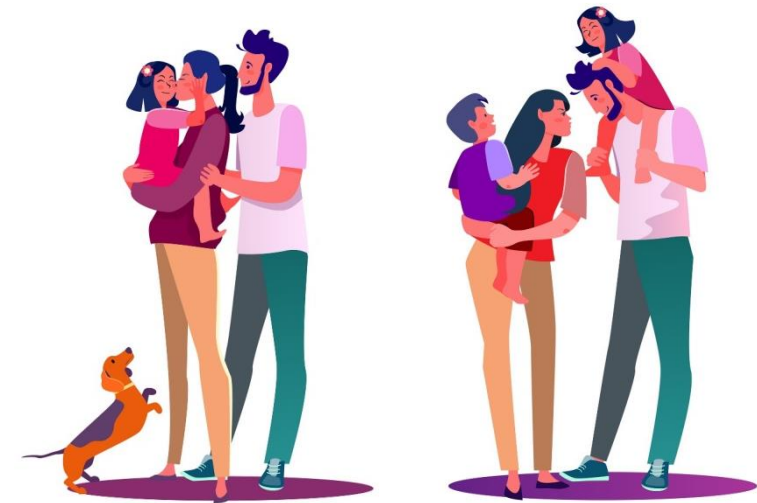
impromptu gifts on regular days and planned/well-thought of gifts on special occasions





Physical Touch

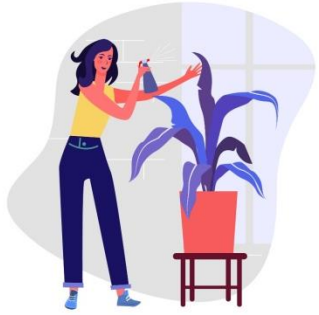
display of affection such as hugging or holding hands





Acts of Service

doing something to help/serve others outside, serving the extra mile



Communication Blockers

NEVER...

Compare
Condemn
Command
Challenge
Condescend
Contradict
Confuse

Communication Builders

Be open and honest

Have frequent conversations

Be clear and direct

Listen actively

Respect for the other

Observe non-verbal cues

Be positive and loving

Create an atmosphere of positive communication within the family.

Communication that allows the sharing of feelings without judgments, giving honest compliments to each other and being able to reach compromise when disagreements happen.

This is the cornerstone of building a happy home; when each member of the family feels they are loved, their thoughts are respected and their opinions are valued.

Take the quiz to know your love language!

<https://www.5lovelanguages.com/quizzes/>



**“In that little Host
is the solution to
all the problems
of the world.”**

ST. JOHN PAUL II

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LIVE LIFE



LCSCLiveLife



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