



February. . . The month of LOVE

It's that time of the year when **Valentine's Day** saunters around. It can be a time of joy but also a time of sadness if you hold too much power into this holiday. Valentine's Day also known as the **Feast of Saint Valentine**, is a dated holiday and celebration dating right back to before the 18th-century. In England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "*valentines*"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart".

Gary Chapman is a relationship counsellor who has written several books and coined the term **The 5 Love Languages**. They are a useful tool to help you understand yourself and your partner and how you give and receive love. It can be used in your romantic relationships as well as families, your children and friendships. While we all typically speak each of them some of the time, everyone seems to have a preference for one or two. Gary's concept is that in our romantic relationships there exists five special languages which we use to communicate our love to one another.

In any relationship, it's highly likely that each partner is actually "speaking" their love in an entirely different language! Which would be similar to if a German speaking man met an English speaking Australian lady and they are trying to work out how to find a location on a map.

Because of the language barrier, there will be misunderstandings and difficulties in the receiving and giving of information. All that miscommunication leads to the inability to reach their final goal on the map. Many times, this is exactly what happens in our romantic relationships! While we are trying to reach a common goal in our relationship, the differences in how we express and communicate love can often be misunderstood or not even acknowledged. This can cause a deep sense of frustration even for the most well-intentioned couples.

The 5 Languages of Love

Words of Affirmation: Giving compliments and speaking encouragement and support.

Acts of Service: Actions that take on the other's responsibilities or relieve a burden.

Receiving Gifts: Gifts act as a symbol love through their thoughtfulness and effort.

Quality Time: Spending time together with meaningful conversation without distraction.

Physical Touch: Not necessarily about sex, this can be all kinds of touch like hugging and hand holding.

The ultimate goal is to be curious about what you and your partner are and be able to develop a better understanding regarding how to communicate love in a way which is most comfortable for the two of you.

Discuss with your partner what the two of you may be, and try it for a week (not just during Valentine's Day!) I would be surprised if you did not notice a difference 😊

Benji's Tip



You have to fight
through some
bad days
to earn the
best days
of your life.

Drop of Life Team



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 2 1/2 year old (which is a mature 25 in doggy years!) and has been working in the clinic since he was 6 weeks old.