



Whakamāori 2 E01: Love Languages

Nā Kimo Houltham

WHAT ARE THE 5 LOVE LANGUAGES?

The five love languages are five different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch.

Not everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love.

HE AHA NGĀ REO AROHA E RIMA?

E rima ngā āhuratanga e whakaatu, e whakawhiwhia rānei te aroha. Ko ngā kupu whakarākei, te whakawhanaungatanga, te whiwhi tāonga, ngā mahi ratonga, me te pā, tinana ki te tinana.

He rerekē te whakakakau i tēnei mea te aroha ta tērā, ta tērā, arā anō he rerekē te āhuratanga e whakawhiwhi ai rātou ki taua aroha.



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Nā Kristin Ross

The 5 love languages are.....

Words of affirmation: "Words of affirmation" is about expressing affection through spoken words, praise, or appreciation.

Quality time: Someone with this love language wants undivided attention. People with this love language are looking for quality over quantity.

Physical touch: A person with physical touch as their primary love language feels love through physical affection. They simply want to be close to their partner physically.

Acts of service: Acts of service are nice things you do for your partner that make them feel loved and appreciated, such as: Helping with the dishes, Running errands, Vacuuming, Putting gas in the car

Receiving gifts: For someone who uses and responds to this love language, gift-giving indicates love and affection. They treasure not only the gift itself but also the time and effort the gift-giver put into it.

Ko ngā tohu aroha e rima ko...

Te Kupu Whakatūturu: Ko "te kupu whakatūturu", ko te tauaki pūaroa mā te kupu, mā te mihi, mā te whakamānawatanga.

Te Nohotahi: Ko te tangata pai ki tēnei tohu o te aroha, ka hiahia kia aro pīkaritia ko ia. Ko te iwi rata ki tēnei tohu o te aroha, ka rata ki te kounga o te noho kua ko te rahinga.

Te Whakapānga: Ko te tangata ka whai i te whakapānga hei tohu aroha matua mōna, ka tino rongō i te aroha mā te whakapānga. Kāore i tua atu i te noho tahi, noho tata atu hoki ki tana ipo.

Te Āwhina: Ko te āwhina ko te tautoko i tō makau i tētahi mahi, hei whakamāmā i te wāhi ki a ia kia rongō ia i te aroha nui, pēnei i te mahi i ngā rīhi, i te kawē i ētahi mahi, i te horo puehu, i te whakakī i te waka ki te penehīni.

Te Tauutuutu Koha: Ko te tangata pai ki te tauutuutu koha hei tohu aroha, ka tino rongō i te pūaroa i te whakamaiohatanga i te koha. Ehara ko te koha kau noa, erangi ko te āta



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whakaaro me te whai a te kaituku kia kounga
taua koha nā.

Nā Anaha Hiini

How to Identify Your Love Language

In a relationship, do you feel more loved when your partner:

- Tells you, "I love you," or praises something you did?
- Surprises you with a meaningful gift?
- Plans a trip for just the two of you?
- Runs the errands or does the laundry?
- Holds your hand while you're walking?

Te huarahi hei takahi māu e tautohungia ai tō ake Reo Whakaipo

I a kōrua ko tētehi atu e piri tahi nei hei
tokorua, ka kaha ake tō rongō i te aroha i tō
hoa:

- E kī ana "E aroha atu nei", i te whakamihia rānei ōu e ia i tētehi mahi pai i tutuki ai i a koe?
- I tō hoa e whakamīharo nei i a koe ki tētehi taonga hirahira?
- I tō hoa e whakarite haerenga ana mō kōrua anake te take?
- I tō whakapau kaha ana ki te whakatutuki i ētehi mahi, i ngā kākahu, i te aha rānei?
- I tō hoa e pupuri ana i tō ringa i a kōrua e hīkoi haere ana?



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Ngā Kupu:

Nā Kristin

Tauaki - Ka mahi kia āta kitea tētahi mea e tētahi atu.

Pūkari - Whakarongo pūkari - listen attentively.

Ko te 'āta'.

Whakamaiohatanga - Whakamānawatanga