

# *Using love languages for self-care and self-soothing*

Self-care happens when we take actions that will help us fill in our gas tank, so that when we need to do especially demanding things we have the energy to cope and get through it. An important strategy in taking care of ourselves and regulating the intensity of our experience is to know how to self-soothe and calm down when big things happen for us.

Knowing what makes us feel loved could help us show love to ourselves. In other words, if you know how to feel loved, you could use that knowledge to find ways to help yourself feel cared for and, therefore, self-soothe.

In this handout, I would like to guide you to figure out how to use your “love language” (the five developed by Dr. Gary Chapman) to take care of yourself.

Disclaimer: Although I have modelled this concept based on the basic premise of Dr. Chapman’s ideas, I do not adhere to or support any particular use of “love languages” in relationships as presented by Dr. Chapman.



LANGUAGE  
TYPE:

Words of Affirmation



MEANS I FEEL  
CARED FOR WHEN:

Someone uses their words to express their affection and care for me.



MY STRATEGIES FOR  
SELF-CARE CAN BE:

- Finding a short mantra that I can repeat in my head, e.g. "it wasn't my fault", "I am a good person".
- Writing letters to myself using a kind, loving voice.
- Add your own:

---



---



---



---



LANGUAGE  
TYPE:

Acts of Service



MEANS I FEEL  
CARED FOR WHEN:

Someone does something for me that makes it easier to fulfill my responsibilities.



MY STRATEGIES FOR  
SELF-CARE CAN BE:

- Setting aside time to do short tasks that will make my next day easier.
- Stretching or meditating at night so that I sleep more relaxed.
- Add your own:

---



---



---



---



LANGUAGE  
TYPE:

Physical Touch



MEANS I FEEL  
CARED FOR WHEN:

Someone hugs me, cuddles with me,  
or seeks physical proximity with  
me.



MY STRATEGIES FOR  
SELF-CARE CAN BE:

- Wrapping myself with a long, wide scarf and squeezing myself tight.
- Finding a fluffy, soft blanket and feeling its texture with the tips of my fingers.
- Add your own:

---



---



---



---



LANGUAGE  
TYPE:

Quality Time



MEANS I FEEL  
CARED FOR WHEN:

Someone gives me their full attention and shows joy in spending that time with me.



MY STRATEGIES FOR  
SELF-CARE CAN BE:

- Scheduling some time to do nice things for myself: take a bath, read a book.
- Creating a routine for before sleep that centers around feel-good things.
- Add your own:

---



---



---



---



LANGUAGE  
TYPE:

Giving Gifts



MEANS I FEEL  
CARED FOR WHEN:

Someone gives me tangible symbols  
of how they think about me.



MY STRATEGIES FOR  
SELF-CARE CAN BE:

- Creating a monthly budget for small gifts I can give myself.
- Making art/crafts for my own enjoyment.
- Add your own:

---



---



---



---