

THE LANGUAGE OF LOVE

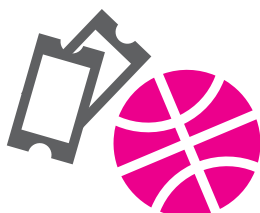
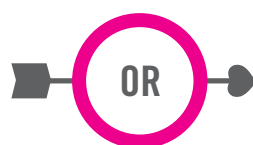
WHAT WOULD YOUR PARTNER PREFER?

What are the expressions of love that matter most to your partner? Knowing those preferences can help you to understand your partner's "love language." According to Dr. Gary Chapman, author of the book, *The Five Love Languages: The Secret to Love That Lasts*, there are 5 main love languages. One of them fits your partner best. The following scenarios can help you understand what really makes your partner feel the love, and what could be the best Valentine's Day gift ever!



A long conversation about the day's events

SEE ②



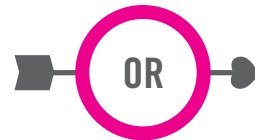
Tickets to the next Suns vs. Lakers game

SEE ③



Hearing the words: "I have complete confidence in the way you manage our finances."

SEE ①



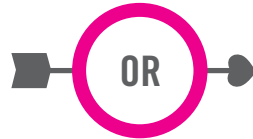
An overnight getaway, dinner and hot tub included

SEE ②



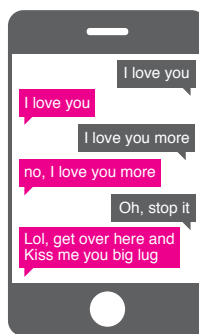
The Rolex watch that didn't make it under the Christmas tree

SEE ③



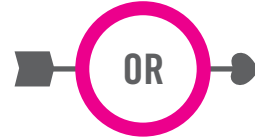
A shower of amorous kisses

SEE ⑤



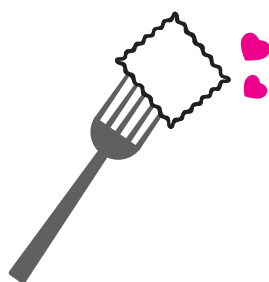
Sweet-talking texts and voice mails throughout the day

SEE ①



A chore-free weekend of movie marathons

SEE ④



Your famous ravioli, known to rival the same dish at Sapore in Soho

SEE ④



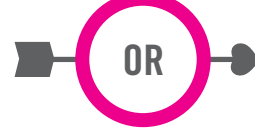
The amazingly light and thin iPad2

SEE ③



An hour-plus body massage, with a footbath and leg rub

SEE ⑤



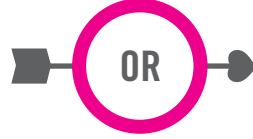
Playing air guitar and dancing while cleaning up from dinner

SEE ②



Playing footsies during dinner with the in-laws

SEE ⑤



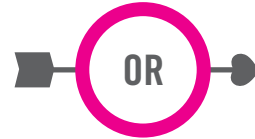
Hearing you say, "you look fabulous in that new ski jacket!"

SEE ①



The Godiva 29-piece Chocolate Collection Satin Heart

SEE ③



No-strings-attached transfer of dish duty for a week

SEE ④

THE 5 LOVE LANGUAGES

SOURCE: www.5lovelanguages.com

1

WORDS OF AFFIRMATION

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

3

RECEIVING GIFTS

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

4

ACTS OF SERVICE

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

2

QUALITY TIME

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

5

PHYSICAL TOUCH

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

The contents of this newsletter are inspired by Gary Chapman's book, *The Five Love Languages: The Secret to Love That Lasts*.

At Arista, we understand that every patient has individual priorities and needs. Some of our patients care most about quick appointment scheduling; others appreciate our calm, easy-going pace, or being greeted with a smile. Feel free to tell us what you need, and our staff will be there for you. We want your MRI experience to be the best and the brightest.