

# 5 Love Languages/Top 5 Needs of Men and Women

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## Top 5 Needs of Men and Women

[From Willard Harley's, *His Needs, Her Needs*]

### Basic needs of women [ultimately all "security"]: "ACHFF"

- 1) Affection
- 2) Conversation
- 3) Honesty/openness
- 4) Financial support
- 5) Family commitment

### Basic needs of men: "SRADA"

- 1) Sexual fulfillment
- 2) Recreational companionship
- 3) Attractive spouse
- 4) Domestic support
- 5) Admiration

## 5 Love Languages

[From Gary Chapman's, *The Five Love Languages*]

- 1) Physical Touch
- 2) Words of Affirmation
- 3) Receiving Gifts
- 4) Acts of Service
- 5) Quality Time

Hand motions for the song: self-hug; "thank you" signed; receiving with hands; shovel dig; tapping wrist

Love Languages Quiz: [The Love Language™ Quiz \(5lovelanguages.com\)](http://5lovelanguages.com)