

FEBRUARY NEWSLETTER

Discovering Your Love Language

There are many ways to show someone you love them, however each of us has a way that we prefer to be loved. This is known as our love language. It has been suggested that there are 5 main love languages.

Interestingly, when speaking about the love languages people automatically think about romantic love, but they can also be applied to platonic love such as in friendships or family relationships. Take the Love Language Quiz to find out what love language best suits you!



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Love Language Quiz

1) Your partner comes home from work and has a surprise for you, what is it?

- A) A cool rock they found and made them think of you (BTW you love rocks!)
- B) They put gas in your car so now you don't have to
- C) They wrote you a heartfelt letter
- D) They know you had a long day so they're going to give you a back massage
- E) They planned a picnic for the two of you

2) You failed your exam, your best friend is going to do something to cheer you up, what is it?

- A) They bring your favourite ice cream
- B) They offer to drive you home
- C) They give you a pep talk
- D) They give you a big hug
- E) They sit with you and listen to you vent about the exam

3) You just won your first running race, you are incredibly proud of yourself. What is the best way a family member could celebrate your win?

- A) They give you a framed picture of you crossing the finish line with your friends and family cheering you on
- B) They make you dinner so you can put your feet up (your exhausted!)
- C) They tell everyone about your big win and how proud they are of you
- D) You get a big high five and they put their arm around you while you walk to your car after you cross the finish line
- E) You ran the race together so you'll celebrate together!

4) Your 4 year old son just made your heart explode with love, how did he do it?

- A) They made you a picture
- B) They put their toys away without being reminded
- C) They told you that they loved you
- D) They snuggled up with you on the couch
- E) They asked you to read them a book

5) What would be the best way someone could show that they cared for you?

- A) They surprised you with something that means a lot to you
- B) They ticked off everything on your to-do list and they did it exactly the way you would have done it!
- C) They tell you how much they appreciate you and how much you mean to them
- D) They give you a big, long, comfy hug while rubbing your back and kiss you on the head
- E) They spend the whole day with you doing fun things

Mostly A's

Your love language is Gifting!

This is one of the easiest but least understood love languages. You like giving and receiving gifts to express love and appreciation. What's important to know is that the gift may not always be bought. Sometimes it's an experience, someone's time or effort, it can also be something that was found that you attach value to. It's like all of the love languages in one, but it's about how love is being presented to you that is important.

Examples of Gifting are; being given a great present; having someone 'give' you their time to help you, doing something with you or for you; having someone give you something that is special to you;

Mostly B's

Your love language is acts of service!

This typically becomes people's love language later in life as things become busier. It is most notable as a love language for new parents. This is showing love through actions that make your life easier or more enjoyable. It's about having your wants and needs recognized before you even ask.

Examples of Acts of Service are; someone doing the dishes for you, having the garbage taken out, someone shovelling out the driveway, having your breakfast made for you, fixing something, ultimately having things taken off your to-do list no matter how big or small the task

Mostly C's

Your Love Language is Words of Affirmation!

Actions speak louder than words - unless your love language is words of affirmation! In this case words are everything. By having someone share what they think and feel about you through spoken or written words it can make you feel appreciated, valued and loved. You might feel that hearing how someone feels about you confirms what you may already know and makes you feel even more confident.

Examples of Words of Affirmation are; giving/receiving compliments, love notes/text messages, words of encouragement in difficult times, sharing what you appreciate about others

Mostly D's

Your love language is physical touch!

This is one of the most common love languages. It is particularly popular among men. Physical touch is fairly self explanatory, it is when you feel the most cared for when you receive physical affection. When you receive physical affection your brain releases serotonin, dopamine and oxytocin which helps reduce stress, makes you feel more connected, as well as increases feelings of trust and happiness.

Examples of Physical Touch are; hugging, being patted on the back, kissing, snuggling, resting your feet on someone, having someone tousle your hair, high fives, or touches on the arm

Mostly E's

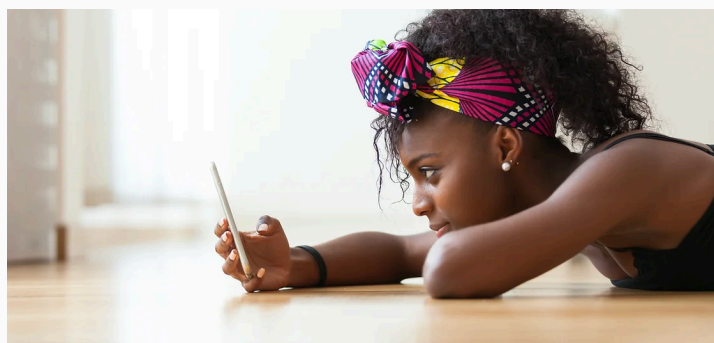
Your love language is Quality Time!

You feel most loved while spending time with the people you love. It is important that you recognize quality over quantity. Quality usually comes when the people you are with are engaged with you and present in the moment, both mentally and emotionally. This means making eye contact, having limited distractions, actively listening, and planning to spend time with those you love. This will make you feel the most valued, loved and special.

Examples of Quality Time are; heartfelt conversations, sharing a hobby, planning activities together, going for a walk, games nights, eating meals together

Spilling the Tea on Dating Apps

I regularly see clients who are frustrated and dissatisfied with internet dating. So what exactly is the deal with dating apps and why do so many people use them when we don't even like them?



It is estimated that there are 349 million dating app users around the globe. Online dating apps have changed the culture of dating in many ways. However, it seems that the bar has been lowered in terms of behaviour. Ghosting, rude comments and insults have all been normalized on these platforms. Dating also has become more about aesthetics than ever before. Our accessibility to so many people allows us believe we can always 'find someone better'. This belief seems to be one of the driving forces that keep users using, but it is also this same belief that impacts our mental health.

Clients who I have worked with on this topic have assumed many things about themselves, none of which are true. Things like that there is something wrong with them, that they are unattractive and that nobody likes them. This can be explained by objectification theory. This is the idea that "sexual objectification leads to internalization of cultural standards of attractiveness and self-objectification, which in turn promotes body shame and prevents motivational states crucial to psychological wellbeing" (Holtzhausen, et al., 2020).



The link between peer validation and dating apps is high. Meaning the possibility of objectification theory taking root is also high, resulting in low self esteem. This puts our mental health at risk by increasing rates of depression, anxiety and eating disorders. It also has a huge impact on beauty standards and what we deem to be beautiful and desirable.

Why Do We Keep Using Apps?

One answer is convenience. Dating apps are a common tool, particularly for young people, that combine GPS, mobile functionality and user practices to make the app accessible and user friendly. Having multiple single and ready to mingle people at your finger tips seems like a great idea. Some researchers suggest that 40% of single adults are looking for a partner online, and 25% of new couples meet this way.

Another reason for downloading dating apps is **not knowing where or how to meet people.** Being involved in hobbies, having broad friend groups and going out may still result in being single. Dating apps promise a pool of available singles in your area looking for (supposedly) the same thing as you. It can also be said that messaging someone online is significantly less intimidating then speaking to them in person.

The online platforms allow people to feel okay approaching others while remaining slightly removed. The idea being that they are supposed to help people start conversation more easily. However, it has been shown this lack of personal connection can result in some bizarre, shocking and offensive conversation starters.

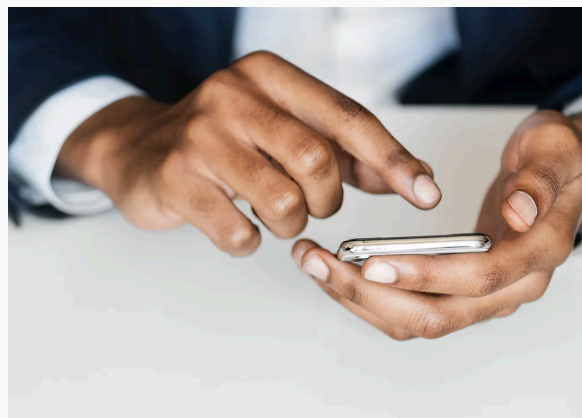
A final reason for using dating apps is because of our brain's reward system. This is the group of neural structures responsible for wanting/craving something and associative learning (aka, positive reinforcement). Meaning every match you receive releases a small hit of dopamine that feel good and speaks to our brains reward system. Swipe based dating apps put us in a position to receive instant gratification at varying intervals using self-validation as a reward. And who doesn't want to feel good about themselves? However, when we are not receiving the number of matches or quality of matches we deem to be acceptable that reward system backfires and we feel terrible about ourselves and become increasingly frustrated. But, just like a someone who gambles there's always the chance you could win. With the promise of lasting connections, dopamine boosts and an addictive design; dating apps can keep people scrolling and swiping for hours.



Tips for Internet Dating

Be Open to Someone Different. Maybe you are someone who has a *type*. We are usually quick to judge others which is natural, but by always choosing the same type of person you're are closing yourself off from people who may surprise you. I encourage you consciously match with someone you may have previously passed up on. If you don't consider new people you will always be dating a different version of the same person.

Swipe Less. It's been found that the average Tinder user opens the app about 11 times per day and stays on the app for about 8 minutes each time adding up to 1.5 hours of tinder use per day. That's a lot of time spent looking for love. The ideal number of profiles to select a match from has been recorded as being between 20 and 50, if you exceed that number of profiles in a day it is easy to become lost in the endless possibilities and experience feelings of overload.



Try limiting the amount of time you are using the app per day or try limiting the number of profiles you view. This will help you reduce feelings of being overwhelmed and allow you to have a more quality dating app experience.

Establish Authenticity. Be up front about who you are and what you want. You can do this through the use of photos sharing what you love.

Ultimately, being your unique self is important. We no longer compete for romantic partners as we once did in the stone age. We now aim to identify with our partner by seeing bits of ourselves in them, like having common interests. Your quirks will appeal to about 10% of people who will think you're amazing and fun, don't downplay them for the 90% who will think you're mediocre.



Limit Your Time. Don't be afraid to delete your app and take a break. When you are on dating apps for extended periods of time it can be exhausting and can make you feel hopeless in your search for a partner.

Taking a break from an app may create the opportunity to spend more time doing something that makes you happy and feel good. It's important to recognize that maybe the platform you were using just wasn't right for you. When the time is right try a different app to switch things up.

How To Book Your First Therapy Appointment

Going to therapy for the first time can be a daunting task. Below is a 3 step guide to get you into the right therapist's chair.

Step 1:

Decide that you would like to see a therapist and have something in mind that you would like to work on, explore or learn about

Step 2:

Find a therapist you think you would connect with and book a free consultation. A consultation gives you the opportunity to meet the therapist to ensure that they are the right fit for you. It can also help you establish your goals for therapy and learn about how that particular therapist works with clients. You can find therapists by doing a Google search, talking to friends, or by looking at online therapeutic platforms such as Psychology Today.

Step 3:

Once you find a therapist that works for you, book your first appointment! When your first session is booked you are on your way to working on your goals and becoming the best version of yourself!

Book Your FREE Therapy Consultation at Align Chiropractic and Wellness!

Book Online at www.alignchironl.com
Or Call 709-745-1908