



Family Focused – Five Love Languages Training Storyboard

5Ws

1. **Who:** 75 Soldiers and Family Members from across the USAG-RP footprint (including tenant units)
2. **What:** Building Strong and Ready Teams Family Focused Seminar
3. **When:** 25-27 August 2023
4. **Where:** Victor's See Hotel, Bostalsee, Germany
5. **Why:** to strengthen Family relationships through practicing giving and receiving love in each of the Five Love Languages—Acts of Service, Giving Gifts, Quality Time, Physical Touch, and Words of Affirmation.

Five Love Languages

Dr. Gary Chapman developed the Five Love Languages (5LL) years ago, addressing many couples' lack of ability to effectively give and receive love. He discovered that people give and receive love through different "languages" of love: Acts of Service, Giving Gifts, Quality Time, Physical Touch, and Words of Affirmation. Learning and utilizing the other's "Primary Love Language" strengthens the bonds of love and fosters deep emotional connections. **75 Soldiers and Family Members** discovered their loved ones' primary love language, while practicing concrete ways to give and receive love in these languages.

Family Focus

Dr. Grace Yuell and CH Portwood intentionally designed this event without childcare. Numerous Families stated they appreciated the inclusion of children in the practical activities.

