THE LANGUAGES & SUGGESTED ACTIVITIES

Created by Stephen Garrett, MA

THE TALKER

Talk therapy, walk and talk session in nature, community/support groups

THE WRITER

Journaling, poetry, writing a letter to someone, starting a blog, social media posts

THE FILER

Working on one thing at a time, keep it simple and organised until they feel ready to explore the other possible languages they have

7 Languages of Sorrow

THE SENSITIVE

Playing music, singing, creative expression, spoken word poetry

THE ARTIST

Painting, drawing, sculpting, baking, weaving, knitting, carving

THE SEEKER

Ritual, ceremony, prayer, meditation

THE MOVER

Dancing, exercise, hiking, breathwork, yoga

Questions to Ask:

What do you like to do in your spare time?
Do you have any hobbies?
Do you consider yourself to be a creative person?
What does your spiritual practice look like?
Do you enjoy the outdoors/being in nature?
What does your self care look like?
What do you and your friends like to do for fun?
What do your Friday nights look like?
How often do you like to read/write?

Designed by Haley Jane & Jade Mathiscyk