

Saying Goodbye Based on your Love Language

What is your love language and what is the love language of those you are leaving behind? What are the cultural norms of saying goodbye? Perhaps one of these areas is hard for us to receive, how can we work with that in ourselves to be gracious to the giver?

Words – Write notes to those you are leaving, make a speech, express verbal appreciation to those who accompanied and impacted your journey.

Acts of Service – Do a farewell project for your non-profit/ministry site, allow those you are leaving to help you pack, clean, prepare for departure, allow others to drive you to the airport

Quality Time Spent Together – Go out to eat, join or plan a farewell party, go on a final adventure, carve out one-on-one times for people

Physical – hugs goodbye, arm around you, physical presence at departure*

Gifts – Make, purchase, or design gifts for those that played a role in your life, prepare to graciously accept gifts, understand what kinds of gifts are meaningful to those you leave behind**

*Cross-culturally, this can be a struggle. Perhaps my love language way of saying goodbye is hugs but I am departing from a culture where that kind of physical contact, especially with opposite gender colleagues is inappropriate. It is important to find another way to say goodbye that gives me that closure but also does not end things on an awkward note.

** Some cultures may shower the departing person with gifts, even those with limited economic resources may feel the need to give gifts. For those uncomfortable receiving, take some time to prepare. Also, ensure you know the cultural norms around opening or not opening gifts when they are given.