

The Five Love Languages

Dr. Gary Chapman

1. Words of Affirmation

- Verbal Compliments – straightforward (direct & indirect; public & private)
- Encouraging Words – giving credit & praise
- Kind Words – the way we say things (tone)
- Humble Words – requests vs. demands
- Focuses on “what we are saying”

Compliments, words of encouragement, and requests rather than demands all affirm the self-worth of your spouse. They create intimacy, heal wounds, and bring out the full potential of your other half.

2. Quality Time

- Giving someone your undivided attention
- Togetherness – focused attention vs. proximity
- Quality Conversation – sympathetic dialogue where two people are sharing their experiences, thoughts, feelings and desires in a friendly, uninterrupted context. Focuses on “what we are hearing.”

*“Many of us are trained to analyze problems and create solutions.
We forget that marriage is a relationship,
not a project to be completed or a problem to solve.”*

Practical Tips ...

- a. Maintain eye contact when your spouse is talking.
 - b. Don't listen to your spouse and do something else at the same time.
 - c. Listen for feelings.
 - d. Observe body language.
 - e. Refuse to interrupt.
- Self-Revelation – each person must reveal his/her thoughts, feelings and emotions.
 - Quality Activities

Spending quality time together through sharing, listening, and participating in joint meaningful activities communicates that we truly care for and enjoy each other.

3. Receiving Gifts

- Visual symbols of love
- Come in all sizes, colors & shapes
- May be purchased, found or made
- Saver vs. Spender – you may have to change your attitude about money

“Physical presence in the time of crisis is the most powerful gift you can give if your spouse’s primary love language is receiving gifts.”

Gifts are visual symbols of love, whether they are items you purchased or made, or are merely your own presence made available to your spouse. Gifts demonstrate that you care, and they represent the value of the relationship.

4. Acts of Service

- Doing things you know your spouse would like you to do
- Everyday household chores (inside & outside)
- Doormat vs. Lover
- Overcoming Male/Female Role Stereotypes

“Requests give direction to love, but demands stop the flow of love.”

Criticism of your spouse’s failure to do things for you may be an indication that “acts of service” is your primary love language. Acts of service should never be coerced but should be freely given and received, and completed as requested.

5. Physical Touch

- Holding hands, kissing, embracing & sexual intercourse
- Explicit vs. Implicit Love Touches
- Tactile Receptors

“If your spouse’s primary love language is physical touch, nothing is more important than holding her as he/she cries.”

Physical touch, as a gesture of love, reaches to the depths of our being. As a love language, it is a powerful form of communication from the smallest touch on the shoulder to the most passionate kiss.

DISCOVERING YOUR LOVE LANGUAGE

There are some basic but essential questions you need to ask to discover your primary love language ...

1. What does your spouse do or fail to do that hurts you most deeply? The opposite of what hurts you most is probably your love language.

2. What have you most often requested of your spouse? The thing you have most often requested is likely the thing that would make you feel most loved.

3. In what way do you regularly express love to your spouse? Your method of expressing love may be an indication that that would also make you feel loved.

“Your spouse’s criticisms about your behavior provide you with the clearest clue to his/her primary love language.” People tend to criticize their spouse most loudly in the area where they themselves have the deepest emotional need. Their criticism is an ineffective way of pleading for love.”

“Meeting your spouses need for love is a choice you make each day. If you know his/her primary love language and choose to speak it, his/her deepest emotional need will be met and he/she will feel secure in your love.”

“When an action doesn’t come naturally to you, it is a greater expression of love.”