

The Five Love Languages

By Gary Chapman

- “In-Love” experience – temporary emotional high that often leads to marriage.
- Once married – pursue “real love” with spouse.
 - This kind of love is emotional in nature but not obsession.
 - It is a love that untied reason and emotion
 - Involves an act of the will and require discipline, recognizes need for personal growth.
 - Our most basic need to be loved by another. In this kind of love, you know you are love by someone who **CHOOSES** to love you.

1. Words of Affirmation

- Encouraging words – requires empathy and seeing the world form your spouse’s perspective. Must first learn what is important to the spouse.
- Kind words – also shows in tone of voice.
- Humble Words – love makes requests, not demands.
- Various Dialects – if words of affirmation is not you primary love language, then you will need practice to be able to give this to your spouse. Make a mental note of what you hear other people say or what you read. Practice making these statements when you spouse is not present Say these statements to others when your spouse is present.

2. Quality Time

- Giving that person your undivided attention.
- Togetherness - This is not about proximity, but about focused attention.
- Quality conversation – focus I on *listening*, not on what you say.

- Problem solving is not what this person needs. Marriage is a relationship, not a project to be completed or a problem to be solved.
 - Maintain eye contact
 - Don't do something else at the same time.
 - Listen for feelings
 - Observe body language
 - Refuse to interrupt
- Learning to talk – talk about your feelings, not your thoughts. If you need to learn this, begin by noting the emotions you feel when away from home. Take time 3 times a day to make a quick note of it for a reminder – the event and what you were feeling. This will help develop awareness of your emotions. Use your note pad to help you communicate about your emotions with your spouse. Do this as many days as possible. Soon you will feel more comfortable talking about emotions.
 - Personality Types – The “Dead Sea” personality – the Dead Sea goes nowhere. The Jordan River flows in, but nothing flows out. These people are happy not talking. “Babbling Brook” These people are just the opposite. Everything they see and hear comes out their mouth.
 - Establish a daily sharing time – each of you talks about 3 things that happened to you that day and how you feel about them. “Daily Minimum Requirement” for a healthy marriage.

- Quality Activities – Do something that one or both of you enjoy.

Emphasis is on being together. One of the by-products of quality activities is that they provide a memory bank from which to draw in the years ahead.

3. Receiving Gifts

- The gift is a reminder to the person that you were thinking of them. You have to be thinking of someone to give them a gift.
- Young children often pick flowers (or weeds!) and give them to a parent as a sign of their love. Perhaps this is an indication that gift giving is fundamental to love.
- Learning how to become a gift giver: Make a list of all the gifts your spouse has expressed excitement about receiving over the years; this shows you the kind of gift your spouse likes to receive; recruit a family member to help you pick out a gift for your spouse; practice selecting gifts for your spouse – don't wait for a special occasion.
- Gifts and Money – if you are prone to saving rather than spending, view purchasing gifts for your spouse as investing in your emotional security
- Gift of Self – physical presence at the time of a crisis is the most powerful gift you can give if your spouse's language is receiving gifts. If this is your language, then you may have to “spell it out” for your spouse. Tell him or her: “I need you to be with me all day and evening today.”

4. Acts of Service

5. Physical Touch

