





# The 5 Love Languages



**DISCOVER YOUR PRIMARY LANGUAGE**

**KEEPING THE LOVE TANK FULL**

**LOVE IS A CHOICE**

**THE FIVE LANGUAGES**



# Discover Your Primary Language



## WE HAVE DIFFERENT NEEDS

- "Love "is the most important word in the English language and is the most confusing.
- People speak different languages of love just like speaking different languages. Some may be as different as English is to Chinese.
- We must be able to learn our spouse's language of love if we are to be effective communicators of love.
- Most people express their love through their own love language and are confused when their spouse doesn't understand or appreciate them. This is because the message doesn't come through, just like in a foreign language.
- Once you identify and learn to speak your spouse's primary love language, you will have discovered the key to a long lasting and loving marriage.

## IDENTIFY YOURS AND YOUR PARTNER'S

- A relationship calls for sympathetic listening with a view toward understanding the other person's thoughts, feelings, and desires.
- Learning to listen can be as difficult as learning a foreign language. But it is essential to communicate love.
- Finding your love language:
  - What does your spouse do or fail to do that hurts you most deeply?
  - What have you requested most from your spouse?
  - In what way do you regularly express love to your spouse?
- If you feel equally as strong with more than one language, perhaps you are bilingual. This makes it even easier for your spouse.

# Keeping the Love Tank Full



## SPEAK EACH OTHER'S DIALECTS

- All 5 love languages challenge us to give to our spouse.
- The euphoria of the “in love” state is temporary.
- When we come down from the high of the “in love” experience, if our spouse is speaking our love language we won't miss the high because our tank is continuously being filled.
- When his wife speaks his love language and his emotional love tank is full, and he speaks her primary love language and her love tank is full, the sexual aspect of their relationship will take care of itself.
- When the emotional need it for love is met, it creates a climate where the couple can deal with the rest of life in a much more productive manner.
- With a full love tank, couples can reach their potential both individually and as a couple.
- “All human accomplishments, that are not motivated by love, are in the end empty.” - John The Apostle

## TAKE ACTION

- “Give and it will be given to you. For the measure you use, it will be measured to you.” - Jesus
- Ask every day: “On a scale of 1 to 10 how full is your love tank today? What can I do to fill it?”
- With empty love tanks couples tend to argue and withdrawal. But when the love tank is full, we create a climate of friendliness, and a climate of understanding that is willing to negotiate and understand problems.
- Learn to work together as a team, encouraging, supporting, and helping each other reach meaningful goals.
- Don't underestimate the tremendous power of being there for your spouse.



# Love Is A Choice



## IN LOVE VS FEELING LOVED

- Life's deepest meanings are not found in accomplishments but in relationships.
- Most people in our society have not yet learned the difference between the "in love" experience and the emotional need to feel loved.
- Meeting the emotional need to “feel loved” for your spouse, is definitely a choice. This can only be done by learning the love language of your spouse and speaking it frequently.
- Love is a choice. When an action does not come naturally to you, yet you do it anyway it is a greater expression of love.
- Love is something you do for someone else, not for yourself.
- The need for significance is the emotional force behind most of our behavior. We want our life to count for something. Feeling loved by our spouse raises our sense of significance.

## CHOOSE COMMON GROUND

- We come into a relationship with different expectations, different ways of approaching things, and different opinions about what matters in life.
- Whatever your perceptions, chances are, your spouse perceives marital roles differently than you do.
- We need not agree on everything, but we must find a way to handle our differences so that they do not become divisive.
- With empty love tanks, couples tend to argue and withdrawal. But when the love tank is full, we create a climate of friendliness and a climate of understanding that is willing to negotiate and understand problems.
- There is nothing more powerful that you can do besides love your spouse even when they are not responding positively.

# The Five Love Languages



## WORDS OF AFFIRMATION

- Verbal compliments or words of appreciation are powerful communicators of love.
- Encouragement requires empathy and seeing the world from your partner's perspective.

## QUALITY TIME

- Spending time together towards a common pursuit communicates that we care about each other and we enjoy each other's company.
- It's not about the activity itself, it's about the emotions that are created during.

## RECEIVING GIFTS

- Gift giving is fundamental to love. Size and value does not matter, it simply shows that you are thinking about the other person.
- At the heart of love is the spirit of giving.

## ACTS OF SERVICE

- Express your love for them by doing things you know they would like you to do. Little things really do mean a lot.
- Create a request list with 3-5 items that if the other did you would feel loved.

## PHYSICAL TOUCH

- In a time of crisis, a hug is worth more than a thousand words.
- When you reach out with tender touch, you create emotional closeness.

