

THE FIVE LOVE LANGUAGES

Notes from the book by Dr. Gary Chapman

Marriage Bells to Reality

We are designed by God to be in union with our wife. To understand her, hear and, communicate with her as best we can. From each of our own wedding bells date until, approximately two years from our marriage date, **each and every one of us; the husband and the wife, decides if they truly want to be married.** We truly start to transition into the reality stage of our marriage.

Some marriages may have started from day one, dealing with issues, possibly in a blended marriage situation. Others possibly may have been unrealistic about their mate and issues soon begin to appear. As once a marriage counseling friend, Dr. Bob Hewes suggested to me, **“you will either deal with your marriage issues: pre-marriage or post marriage.”**

As Gary Chapman describes in his book, The Five Love Languages, chapter 2, page 22:

“the ‘in love’ experience temporarily meets that need, but it is inevitably a ‘quick fix’ and, as we shall later learn, has a limited and predictable life span. After we come down from the high of the ‘in love’ obsession, the emotional need for love resurfaces because it is fundamental to our nature. It is at the center of our emotional desires. We needed love before we ‘fell in love’, and we will need it as long as we live.”

Emotional love tank

As Dr. Gary Chapman further describes in his book, The Five Love Languages, in a fashion that we each have an **“emotional love tank”** and we need to try and talk to our mate in her love language. Each of us must strive to visualize our mate’s “love tank,” striving to know, hear and put into action each other’s “love languages.”

Most likely, if your marriage is in crisis, you are not speaking your mates “love language”, and your mate most likely is not speaking yours.

As to quote marriage counselor, Dr. Gary Chapman, chapter 2, page 24:

“I am convinced that keeping the emotional ‘love tank’ full is as important to a marriage as maintaining the proper oil level is to an automobile. Running your marriage on an empty ‘love tank’ may cost you to drive your car without oil. What you are about to read has the potential to save thousands of marriages and can even enhance the emotional climate of a good marriage. Whatever the quality of your marriage is now, it can always be better.”

“You are encouraged to know yours and your mate’s ‘love language’ and strive to speak your mate’s ‘love language’.”

A marriage of attitude and choice

Quotes Dr. Gary Chapman's chapter 3, page 34

“The ‘in love’ experience does not focus on our growth nor the growth and development of the other person. Rather, it gives us the sense that we have arrived.”

As we have only touched on and described that the **“in love”** stage of your marriage (the **“euphoria stage”** of your marriage) is or has evaporated away and you and your mate have transitioned into the reality stage of your marriage.

chapter 3, page 34, **“-----and now to pursue ‘real love’ with our spouse. That kind of love is emotional in nature but not obsessive. It is a love that unites reason and emotion. It involves an act of the will and requires discipline and it reconverts the need for personal growth. Our most basic emotional need is not to fall in love but to be genuinely loved by another, to know a love that grows out of reason and choice, not instinct. I need to be loved by someone who chooses to love me, who sees in me something worth loving.”**

As Dr. Gary Chapman's powerful words continue on, chapter 3, page 36. **“That kind of attitude of love begins with an attitude-- a way of thinking. Love is the attitude that says, “I am married to you, and I choose to look out for your interest.”**

Traits of the five love languages

You are encouraged to love your mate with a Godly attitude, to look for the interests of your mate, to hear God, to love your mate in her love language in your marriage.

- 1) Words of affirmation
- 2) Quality time
- 3) Receiving gifts
- 4) Acts of service
- 5) Physical touch

Love language #1: Words of Affirmation

This is about building up in your words and tone to express encouragement to your mate and others. This is not about verbal flattery, rather lifting up with your words to your mate and others. When we receive affirming encouraging words, we are motivated to reach out a helping hand to our mate and others.

Prov. 12:25 (NIV) **“an anxious heart weighs a man down, but a kind word cheers him up.”**

Prov. 13:1(NIV) **“he who guards his lips, guards his life, but he who speaks rashly will come to ruin.”**

It has been said that **for every negative comment, it may take ten positive encouraging comments, to undo a negative comment.** As Mark Twain once mentioned; **“I can live for two months on a good compliment.”** Our words can be so very uplifting if we choose them properly; or words can be so damaging for years to come.

I once gave a book report, as a very shy fifth grader. I was embarrassed by the fifth-grade teacher, in front of the whole class. The teacher announced publicly that I had 56, stuttering hesitations in my book report. As the whole classroom laughed in my embarrassment, I sheepishly crawled to my chair, and was unable to give book reports for many, many years.

Healthy, encouraging words with the love language of **“words of affirmation”** can fill our **“emotional love tank”** to operating substantial levels, **if we choose proper tone and words.**

Gary Chapman chapter 4 page 45 shares; **“she is taking steps to build intimacy by sharing her feelings. She is asking for an opportunity to discuss a hurt in order to find healing. The same words expressed with a loud, harsh voice will not be an expression of love but an expression of condemnation and judgment.”**

“Words of affirmation” examples:

1. “Wow, this is a wonderful dinner!”
2. “Thank you so much for picking up _____.”
3. “You are a wonderful wife, because _____.”
4. “You are a great mom, because _____.”
5. “Have I told you, ‘I love you’, yet today?”

Love language #2: Quality Time

Quality time is all about giving your mate your undivided attention. Focusing on your mate using **“quality time”** as a form of love in action. Activities with your mate, when you are emotionally present to her, filling her valuable **“love tank”**.

This is where the television is shut off. Where your mate has your time, attention, clear communication as you strive to hear and spend time with your mate. This is where we fill our mate’s **“love tank”** with your undivided attention. **This is where she feels #1 in your world, using your time as an action of love.**

This is where you **take 20 minutes of your time sharing your day, your interest, your hurts, your concerns, with your mate, in love.**

“Quality time” examples:

1. Take your mate **out to dinner**, with kids at the babysitter.
2. Take a **walk with your mate** at the same pace.
3. Take a **vacation with the family** once a year.
4. **Playing games** with your mate and/or kids.
5. **Mutual interests / hobbies** with your mate.

This is when we strive to ask questions, honestly. Try to hear and understand your mate, their thoughts, their feelings and requests in togetherness.

As Dr. Gary Chapman states, chapter 5, page 62: **“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.”**

Learn to create the **habit of spending dinner together, sharing, with your 20 minutes of your day. Again, this is not necessarily solving your mate’s problem, rather hearing your mate’s problems, hearing your mate’s day with the gift of love in time.**

As your mate shares with you, it is important to strive to:

1. **Keep eye contact as your mate talks**
2. **Do not listen to your mate and do a 2nd activity**
3. **Strive to hear your mate’s feelings**
4. **Watch your mate’s body language**
5. **Avoid interrupting your mate**

As we have stated prior, listening is a skill. **You can learn or relearn the skills of hearing your mate’s feelings, in her body language, tone, and her emotional presence, with lack of interference, if at all possible. Often, this can be achieved with the habit of an evening walk, or other interest in common, or a simple meal together.**

A suggested starter question to ask your mate or kids; **“what was the “best thing that happened today?”** Then, secondly, **“what was the worst thing that happened today?”**

Love language #3: Receiving Gifts

This is achieved by giving your mate a **“special something”**. It can be something as simple as a rose out of the garden, or a card from your local card shop.

This is an **“act of love”** to your mate by taking the time to pick up and find the right unique gift, which shows to your mate your love in a gift to her. Often, **“less can be more”** in this special gift language of **“receiving gifts.”**

“Receiving gifts” examples:

1. A **single rose** out of the garden
2. A **card with special words**; “words of love”
3. **Pick up dinner** on the way home (when your wife has a bad day)
4. Use scissors to **cut heart shaped note** (a hidden note expressing words of love, which your mate finds after you leave home on a business trip).
5. Pick up your mate’s **favorite box of candy, chocolate or cookies.**

Strive to give your mate's love language of **“receiving gifts”**, not just on holidays, or birthdays or special occasions. This is to be done, **even if there is not a special occasion, to how your mate just how much they mean to you.** A simple rose, a simple card, a simple heart cut in a rose shape to sharing the words: “I love you”, can go a long way to fill your mate's **“love tank”**.

Love language #4: Acts of service

This is where we do **“acts of service”** for our mate and others, expecting nothing in return. As described many times in the New Testament by Paul. Jesus also gave his example of washing the feet to the disciples.

“Acts of Service” examples:

1. **Set the dinner table**
2. **Washing your mate's car**
3. **Taking the kids for a couple hours**
4. **Picking up dinner** on way home
5. **Mowing lawn**
6. **Taking out the trash**
7. **Making dinner**
8. **Washing dinner dishes**
9. **Pick your clothes** at home
10. **Pickup dry cleaning**
11. **Fixing broken items** at home
12. **Making the bed** for you mate

Dr. Gary Chapman states, chapter 7, page 92;

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

You can go on and on with simple ways we can honor and service your mate with the **“gift of service”**. A lot of these **“acts of service”** are simply un-requested or requested acts, **there is a Godly attitude of service, expecting nothing in return.**

Dr. Gary Chapman shares, chapter 7, page 93;

“.....and no one likes to be forced to do anything. In fact, love is always freely given. Love cannot be demanded.”

Love language #5: Physical touch

Since the time we were out of our mother's womb, we have had an inherent nature to be touched by others. If **“physical touch”** is your mate's **“love language”**, Gary Chapman is quoted in chapter 8, page 105: **“physical touch can make or break a relationship. It can convey hate or love. To the person whose primary love language is ‘physical touch’, the message will be far louder than ‘I hate you’ or ‘I love you’.”**

Talking Points

“Physical Touch” examples:

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|-------------------------------------|--------------------------------------|
| 1. Under the table touch | 6. Holding hands |
| 2. Kiss on the lips | 7. Entering hugging your mate |
| 3. Fondling your mate’s hair | 8. An arm around your mate |
| 4. A back rub | 9. Sit next to your mate |
| 5. Praying holding hands | 10. Physical act of sex |

You can **learn to be creative with learning different ways to touch your mate**, and not all ways lead to the bedroom for sex directly. Rather, if your mate’s love language is “physical touch”, your mate probably can’t be touched enough. Often, **many of us did not learn to hug until we left home**. We can learn this valuable “love language” of “**physical touch**” if we choose.

Gary Chapman is quoted in chapter 8, page 116: “**emotionally, they yearn for their spouse to reach out and touch them physically. Running the hand through the hair, giving a back rub, holding hands, embracing, sexual intercourse-- all of these and other ‘love touches’ are the emotional lifeline of the person whom ‘physical touch’ is the primary love language.**”

You are encouraged to **strive to know your mate’s and your own primary and secondary love language**. Yes, often most of us have a love language with a second love language. Rate yourself and your mate’s love language in the order of importance to least importance. Once you know and strive to hear their “love language”, your relationship with them, no matter at what stage, will help you with your relationship with your mate.

Rating on a scale of 1 - 5 as to importance:

<u>Your love language</u>	<u>Your mate’s love language</u>
___ Words of Affirmation	___ Words of Affirmation
___ Quality Time	___ Quality Time
___ Receiving Gifts	___ Receiving Gifts
___ Acts of Service	___ Acts of Service
___ Physical Touch	___ Physical Touch

Questions to ponder:

1) Generally speaking you have a primary and a secondary love language, which often we expect our mate to be the same as yours, however that is not the case. Generally speaking what would you say are your wives’ love languages? (Explain) _____

2) How could you help meet your wife’s needs by better meeting her love languages? (Explain) _____
