

The Five Love Languages

The book, *The Five Love Languages*, is based on research that suggests each person has a primary love language, which is how they “speak” love to others, and a secondary one, which is how they receive and give love. The five love languages are: gift giving, words of affirmation, quality time, acts of service and physical touch. We use all the love languages to communicate our love for each other, however, each person will have a specific love language they speak most frequently and use with the most ease. It is possible to truly love each other yet not feel loved if your spouse does not speak your love language to you. While they may be speaking to you many times using their own love language, you may miss this offer of love because being different than your own you don’t recognize it. It is essential to know the other person’s preferences for receiving love and demonstrate your love by “speaking” their love language which will help establish a close marital relationship.

To discover someone’s primary love it is necessary to observe how he or she expresses love to others. It can also be observed through what they request or complain about not receiving from you most often. Generally, most people tend to give love in the way that they would like to receive love.

People tend to criticize their spouse most loudly in the area where they themselves have the deepest emotional need.



Receiving Gifts

For this love language a gift is a symbol of love. It shows you were thinking of your partner.

Words of Affirmation

This love language focuses on words that encourage and increase the other person’s sense of self.

Acts of Service

Doing acts of service is an expression of love and caring.

Physical Touch

This love language focuses on love shown through physical touch. Touching your spouse’s body gives emotional connection.

Quality Time

This love languages is about giving time as an act of love.

How do the following suggestions compare to your wish list? Did the quiz help you gain insight in how to show love to your future spouse using his or her love language?

Great ways to show you love your future spouse!

Words of Affirmation

- Allow me express myself without agreeing, disagreeing or correcting
- Tell me know about your day
- Tell me about when you feel proud of me and why
- Share with me how you feel, your intimate thoughts
- Compliment me about the way I look
- Talk directly to me about your feelings – don't suppress them
- Compliment me in front of others
- Congratulate me on a job well done
- Tell me something you appreciate about me
- Apologize without being pressured

Quality Time

- Eat a meal a day together without checking devices
- Play music, light the candles and enjoy a couple only dinner at home
- Do a daily debrief
- Schedule together time
- Be in the moment and focus on what each is saying without being distracted
- Read a relationship book together
- Set up a jigsaw puzzle and work on it together
- Make weekend plans with me
- Be protective of together time
- Feast on an ice cream and take a stroll together

Giving & Receiving Gifts

- Flowers or a plant
- Small surprise gifts – leave them on the dining room table or in car
- Buy your future spouse's favourite magazine
- Gift certificates for breakfast or dinner together
- Frame a photo of the two of you
- Tuck a love note into her or his lunch or on the bathroom mirror
- Order a mug with your photo on it
- Put a love sentence in a balloon, blow up the balloon and write a note on it that says pop me to find treasure

Acts of Service

- Wash and vacuum her or his car
- Organize the garage or another room
- Do one of your future spouse's regular household chores
- After marriage, on an especially cold morning, heat a towel in the dryer and give it to your spouse for his or her shower
- Fill up the gas tank
- Buy or make a lunch and deliver it to his or her workplace

Nurturing Touch

- Cuddle while watching a movie at home
- Show affection throughout the day
- Hold your future spouse when he or she is upset or tired
- Offer to give a back rub or foot massage
- Hold hands when walking
- Make time for intimate times