

## **The 5 Love Languages or how to love the one you're with!**

Love is a verb, an action oriented activity that is full of great emotion, expectation and action. You can say "I love you" and never act loving toward someone- is this really love? For many people, after the "new relationship energy" subsides and life 'sets in' the feelings of love, romance, of feeling loved and loving fade into the background. The man or woman that was once falling over in love with you seems to forget about 'the little things' and sometimes the big things.

Loving and being loved are one of our most basic needs. We are social beings and have an innate desire to love and be loved. How do you 'feel loved'? What is it that your partner does (or did) that makes you feel valued, loved, desired, and important?

In 1996 Gary Chapman wrote: "The 5 Love Languages" in which he describes how each of us has our own specific love language/s. I have taken excerpts from his workbook and provided them for you here along with a link to his website where you can download for free his amazing material for your own practice.

From Gary Chapman's Workbook"

### **WHAT HAPPENS TO LOVE AFTER THE WEDDING?**

#### **IMPORTANT THOUGHT:**

Because we give and receive love differently, keeping love alive in our marriages is hard work. If we don't understand how our spouse receives love, our marriages may dry up and we won't understand why. We need to understand each other's primary way of receiving love.

### **LOVE LANGUAGE #1: Words of Affirmation**

#### **IMPORTANT THOUGHT:**

Compliments, words of encouragement, and requests rather than demands all affirm the self-worth of your spouse. They create intimacy.

### **LOVE LANGUAGE #2: Quality Time**

#### **IMPORTANT THOUGHT:**

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

### **LOVE LANGUAGE #3: Receiving Gifts**

#### **IMPORTANT THOUGHT:**

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

### **LOVE LANGUAGE #4: Acts of Service**

#### **IMPORTANT THOUGHT:**

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.

### **LOVE LANGUAGE #5: Physical Touch**

#### **IMPORTANT THOUGHT:**

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.

Each one of us has our own specific love language. Is your relationship important enough for you to learn theirs?

### **LOVE IS A CHOICE & LOVE MAKES THE DIFFERENCE**

#### **IMPORTANT THOUGHT:**

Choosing to love in the language of our spouse has many benefits. It can help heal past wounds and provide a sense of security, self-worth, and significance. Yet the feelings of "falling in love" aren't the same as those choices of the will we make that meet the deep emotional needs of the spouse.

Excerpts from Gary Chapman's website: <http://www.fivelovelanguages.com/freeguides.html>

I strongly recommend reading his book: The 5 Love Languages, available on amazon.com and at most bookstores.

PS: although Gary's perspective is laced with a "Christian" tinge, I neither support nor oppose his opinions, rather, I just leave that part out of my work. My apology to any of you who may be offended by such a perspective. The 5 Love Languages exist for us humans... and that's good enough for me!

*Having relationship issues that are getting too tough to handle?* Contact me [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) for a free relationship consultation and get things back on track!