

The Five Love Languages

Point of the Assignment: To make your relationship maintenance efforts more effective through the application of The Five Love Languages.

Author Dr. Gary Chapman explains in his book *The Five Love Languages* (Northfield Publishing, © 1992, 1995, 2004) that people tend to express and need to receive love in different ways. He reveals that there are five different “love languages”:

- 1. Words of Affirmation:** *To use words that build another person up (encouragement, compliments, reassurance, etc.)*
- 2. Quality Time:** *Giving someone your undivided attention (taking walks together, engaging in meaningful conversations, looking them in the eye, spending time together on mutual interests.)*
- 3. Receiving Gifts:** *A gift is something you can hold in your hand and say “Look, he was thinking of me.” Or, “She remembered me.” The gift is a symbol of thought and visual symbols of love (flowers, jewelry, something personally meaningful, etc.)*
- 4. Acts of Service:** *Any actions that require thought, planning, time, effort and energy. (Cooking a meal, setting a table, washing dishes or cars, fixing cars, taking care of the children, changing diapers, babysitting, taking care of the pets, etc.)*
- 5. Physical Touch:** *Hugging, embracing, shaking hands, hand on the shoulder, intimate-relationship touching (hand-holding, kissing, sexual intercourse), etc.*

The author states in order for a person to feel loved, their primary love language must be met. **Oftentimes, a person will speak their own primary love language to another person, but not the language of the person they are trying to please. In that case, their efforts often go unappreciated.** He also says that love is a choice, and if you truly love a person, you can choose to learn to speak their primary love language—even if it is not on your list of priorities.

This concept of love languages is rather universal and can be applied to a variety of relationships, including: Romantic, parent/child, friends, spiritual, etc.). The author has written the following books that are targeted to specific audiences: *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*; *The Five Love Languages of Children* (co-authored with Dr. Ross Campbell); *The Five Love Languages of Teenagers*; *The Five Love Languages of Singles*, and *The Love Languages of God*, and *The Five Languages of Appreciation in the Workplace*.

The idea of Love Languages is introduced under the topic of Self Direction, because your relationships can either propel you towards your dreams and goals, or drive you away from them. Learning to use this concept will help you to make your relationship building/ maintenance energies more productive and efficient. The exercise on the next page is designed to help you learn how to apply these principles. Once you have learned the principles, you should be able to apply this to most of those relationships that are important to you. answer the questions listed.

The Five Love Languages Applied

1. What is/are Your Primary Love Language(s):

- a. _____
- b. _____
- c. _____

i. How can other people in your life **meet your** love language needs? (*Give an example of what can she/he do for YOU?*)

- 1. _____
- 2. _____

2. Name one significant person in your life – someone whose influence on you could either encourage you to do well, or potentially derail you (spouse, boy/girlfriend, parent, child, sibling, friend, etc.) You must know this person very well. List what you believe is/are their primary love languages based on how well you know them:

a. Name: _____

i. His/Her Primary Love Languages:

- 1. _____
- 2. _____

ii. How might you be able to **meet his/her** love language needs? (*Give an example of what you can do for him/her?*)

- 1. _____
- 2. _____

3. What goals can you set as a result of what you have learned?

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: (*Write down your response after completing this assignment.*)

