

The 5 Love Languages

By Dr. Gary Chapman & Dr. Paul White

Principles of different Love Languages:

1. There are different ways to communicate love, appreciation and encouragement to others.
2. An individual will value a certain language more than another.
3. The most effective communication of love and appreciation occurs when the message is sent in the love language *most valued by the receiver*.
4. Messages of love and appreciation in languages not valued by the recipient will tend to miss the mark.

The 5 Love Languages

Words of Affirmation – Using words to communicate a positive message to another person:

- Praise for accomplishments
- Affirmation of character

How?

- One-on-one
- In front of others / Public
- Written (email or hand written) and/or Verbal

Quality Time – Giving the person your focused attention.

- Quality conversation (eye contact, no distractions, listen to feelings *and* thoughts)
- Shared experiences
- Small group dialogue
- Working together on a project

How?

- Breakfast / Lunch / Coffee / Dinner
- Stop by office and check in
- Go for a walk
- Off-site retreat
- Attend event (sports, arts, informative, etc.)
- Phone call to check-in

Acts of Service – Providing assistance: “How can I help?”

Remember:

- Make sure your own stuff gets done
- Ask *before* you help
- Check your attitude
- Do it *their way*
- *Complete* what you start

Tangible Gifts – Giving physical items

Remember:

- Give gifts to those who appreciate it
- Gift must be something the person values
- Can be time off
- Most common is food

Physical Touch – Person-to-person contact,

Examples that do happen:

- Hugs
- Holding hands
- Sitting together (e.g., on the couch)
- Reaching out (e.g., in the car)
- Back / foot rub

Least Valued Language: Challenges and Limitations

- ✓ We all tend to “speak” our own love language, consciously and unconsciously. The love language that we *least* value will be the one(s) that we seldom use.
- ✓ A mismatch of two people’s love languages can easily lead to miscommunication and misunderstanding, since one person believes they are “being loving” but the other doesn’t receive it as being loving.
- ✓ A person’s lowest love language may truly be *unimportant* to them. This is hard to imagine if you value that language, but it’s a critical insight. It’s NOT a matter of “who’s right and who’s wrong”.
- ✓ Take the initiative to learn from someone whose primary love language is your *least important* language. Have them explain its importance to them, listen and really seek to understand the value involved.

The 5 Love Languages – *Ideas for application*

Words of Affirmation

- ☐ Give me a specific compliment about some aspect of my character or personality.
- ☐ A hand-written note of appreciation would be particularly meaningful to me.
- ☐ I prefer it when you offer affirmation in front of / not in front of others.
- ☐ Send me an affirming text, email or voicemail.
- ☐ Recognize when I have handled a difficult situation.
- ☐ Tell others (when I am not around) about something I'm doing well or some aspect of my character or personality that you value.
- ☐ _____
- ☐ _____

Quality Time

- ☐ Set aside specific time to *be together* (make a list of things you'd like to do), e.g. Date Night.
- ☐ Go to breakfast / coffee / lunch / dinner together to talk about _____ (but not about _____).
- ☐ Do something active together, e.g., take a walk, go to a movie, go for a bike ride.
- ☐ Do something *not active* together, e.g., each read our own book, sit on a swing, Netflix & Chill.
- ☐ Call me or stop by occasionally to "check in" & see how I am doing.
- ☐ Take a vacation together *specifically designed* to spend quality time together.
- ☐ Take a work trip together just to have time en route, over breaks, etc.
- ☐ Have a regular "check in" time to catch up (e.g., weekly) on 'business' stuff.
- ☐ _____
- ☐ _____

Acts of Service

- ☐ Ask me what you could do to help me (and then follow through).
- ☐ Offer to do some routine tasks that will allow me to focus on higher priorities.
- ☐ Work with me on a project I need to complete (and do it *my way*).
- ☐ Help me clean up / organize my office / desk / room / garage / yard / etc.
- ☐ Review / edit a document / letter for me.
- ☐ Help me understand how to get the most out of my technology tools.
- ☐ _____
- ☐ _____

Tangible Gifts

- ☐ Make an effort to find a gift (big or small) that you know would be meaningful to me.
- ☐ Give a small gift card to my favorite place, which is _____.
- ☐ Bring my favorite coffee / hot beverage / snack / _____.
- ☐ Find a book or magazine related to my interests or area of expertise, such as _____.
- ☐ Bring me cake / cookies / snacks / veggies to celebrate something!
- ☐ Bring something from an interesting place you've been to.
- ☐ Do not give me: _____.
- ☐ _____
- ☐ _____

Application:

Name:

Love Language(s):

Ideas for Action:

Name:

Love Language(s):

Ideas for Action:

Name:

Love Language(s):

Ideas for Action:

Name:

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