

The Love Languages

Communication Styles



How to Interpret your Score

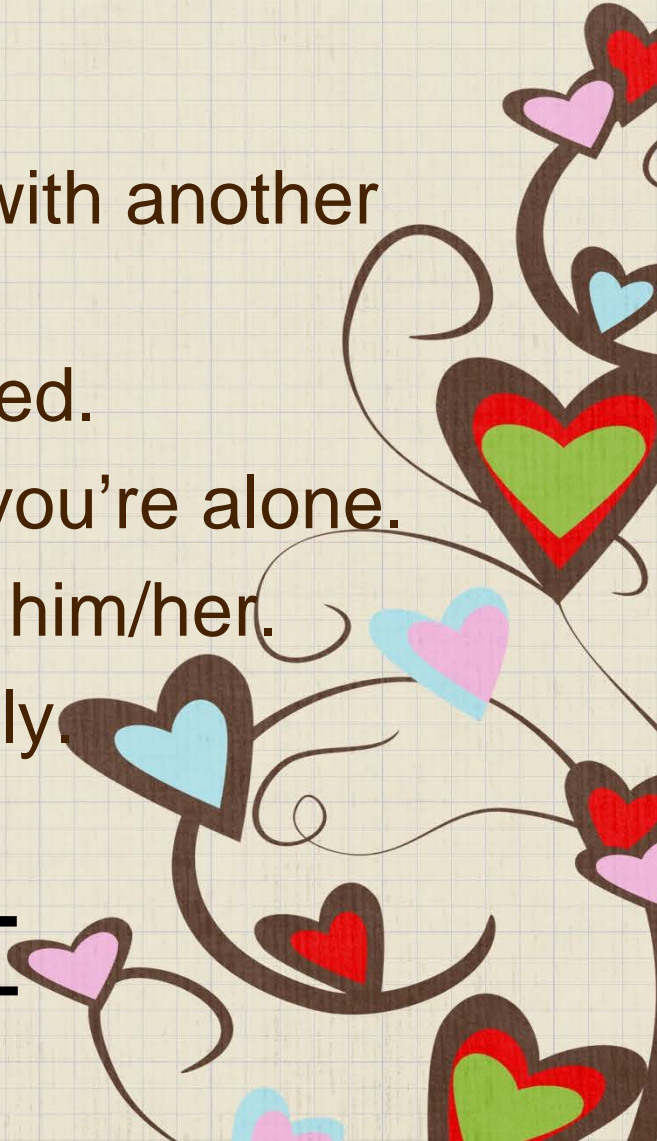
- Your highest score indicates your primary love language.
- Your second highest score indicates your secondary love language.
- If two scores are identical, you are “bilingual”, or you have two primary love languages.
- If your two highest scores are close, within 1-2 points of each other, it indicates both are important to you.



Physical Touch

- You feel loved when you:
 - Literally make physical contact with another person.
 - Are hugged, kissed and embraced.
 - Hold hands in public and when you're alone.
 - Are near or close in proximity to him/her.
 - Are shown affection unexpectedly.

**You need PHYSICAL CONTACT
to know that you are loved.**



Touch-Oriented Person

- Appreciates when touch is used to:
 - Comfort
 - Show Appreciation
 - Show Approval
 - Give Encouragement
 - Be Reassuring
 - Give Confidence
 - Show Empathy



How to relate to . . .

- A Touch-Oriented Person
 - Touch discreetly while passing
 - When giving a gift or receiving one give a hug in return
 - Always give a hug or kiss when you part or return to each other
 - Holds hands at home or while walking
 - Sit next to each other in public



Words of Affirmation

- You feel loved when:
 - You are told that you are loved.
 - He/she tells you that they value & appreciate you as a person.
 - You receive caring words or compliments.
 - You receive notes expressing his/her love for you.

You need to HEAR that you are loved.



Verbally-Oriented Person

- Love heart-to-heart talk.
- Usually spends long hours
- Enjoys going to visit people.
- They may or may not be good listeners, but the relationships they enjoy most are those with people who are good, active listeners.



Meeting the needs...

- Of a Verbally-Oriented Person
 - Practice active listening
 - Make phone calls often
 - Send notes and/or poems
 - Have heart-to-heart talks
 - Give sincere compliments
 - Occasionally ask, "Do you need to talk?"
 - Say, "I love you"
 - Set aside a time to talk each day
 - Go on a weekly date so that the two of you can talk



Acts of Service

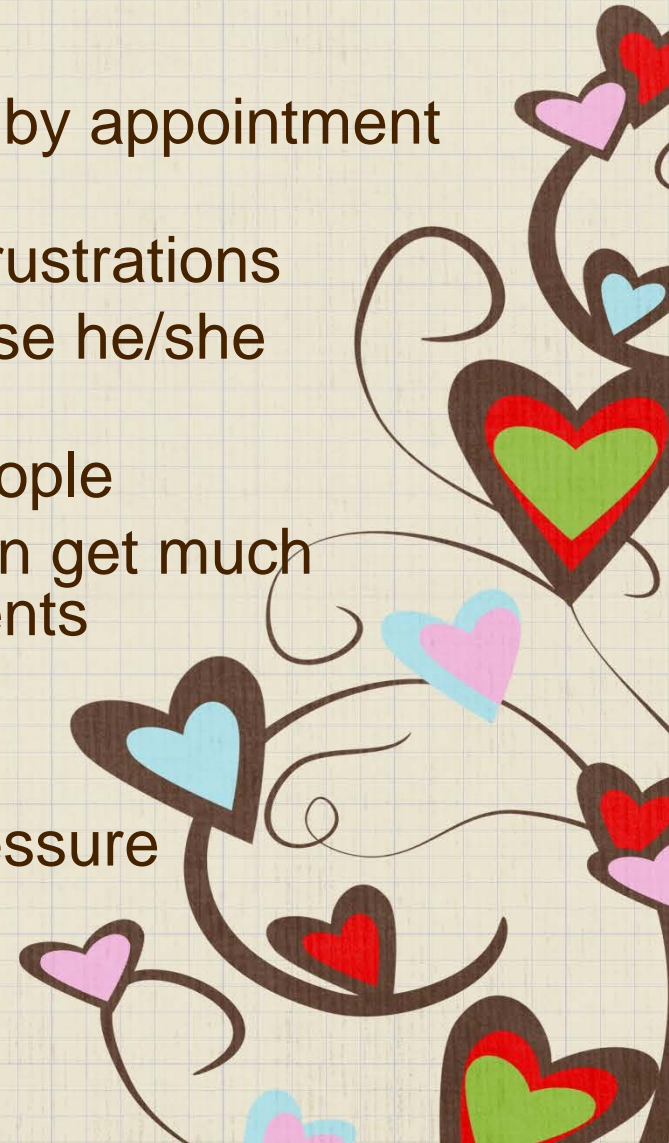
- You feel loved when he/she:
 - Helps you carry out your responsibilities.
 - Helps you complete tasks unexpectedly or without being asked.
 - Gives of their time, energy and resources to help you accomplish *your* goals.
 - Performs acts of service out of love, not obligation.
 - Helps you with the big things, as well as the little things.

You need to be **SHOWN THROUGH TASKS** that you are loved.



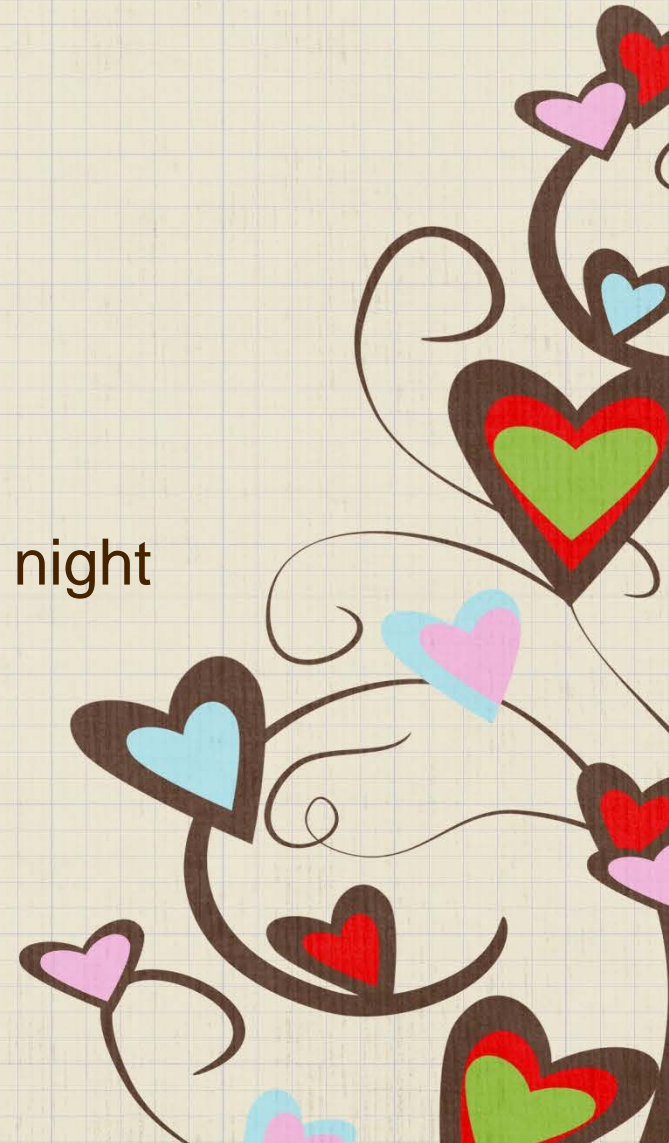
Task-Oriented Person

- Makes lists, establishes budgets, lives by appointment book
- Has great expectations, so has great frustrations
- Is a perfectionist or is frustrated because he/she is not perfect
- Feelings are centered in things, not people
- He or she is a doing kind of person, can get much done and feels proud of accomplishments
- Gets carried away with doing
- Tries to do too many things
- Sets himself/herself up for stress & pressure



Meeting the Needs . . .

- Of a Task-Oriented Person
 - Have a clean house
 - Be thrifty with money
 - Have lunch ready
 - Have clothes cleaned and ironed
 - Have dinner at a certain time each night
 - Be dependable and on time
 - Work side-by-side on projects
 - Do something special for them
 - Do little things for them



Receiving Gifts

- You feel loved when you:
 - Receive tangible expressions of love.
 - Receive gifts that symbolize heartfelt memories or other significance.
 - He/she gives gifts generously and frequently.
 - Receive “surprise” gifts unexpectedly.

You need **TANGIBLE EVIDENCE**
to know that you are loved.



Quality Time

- You feel loved when:
 - You receive focused attention from him/her.
 - Meaningful conversation is shared.
 - He/she participates in quality activities with you.
 - You spend uninterrupted time together, no matter what the activity is.

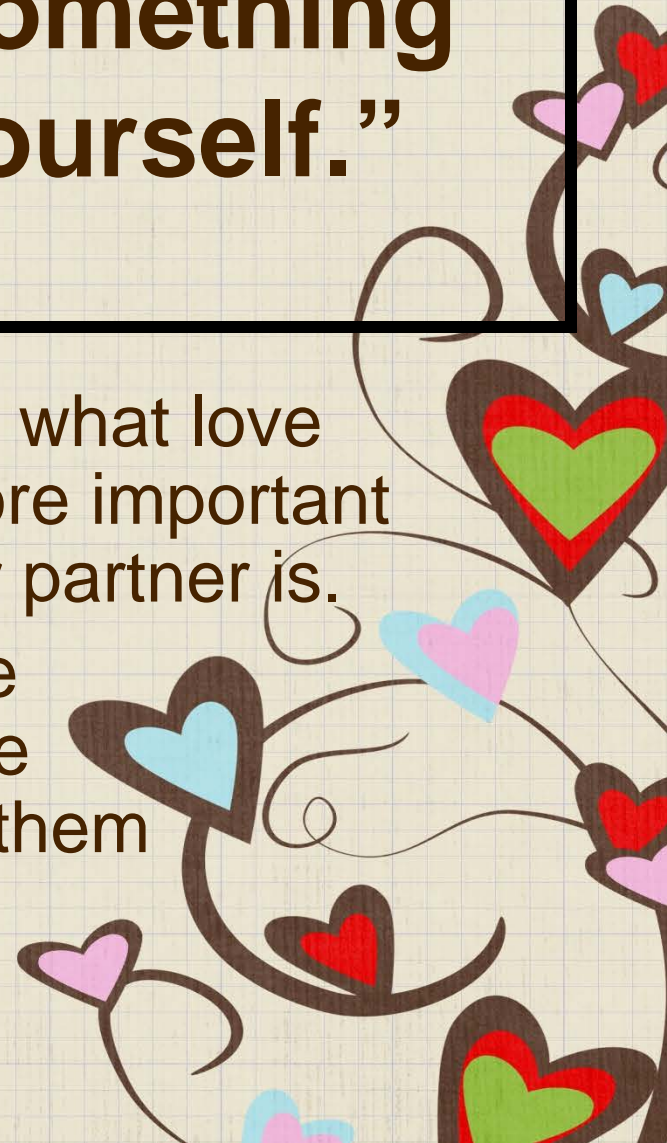
You need TIME and ATTENTION to know that you are loved.



“Love is something you do for someone else, not something you do or feel for yourself.”

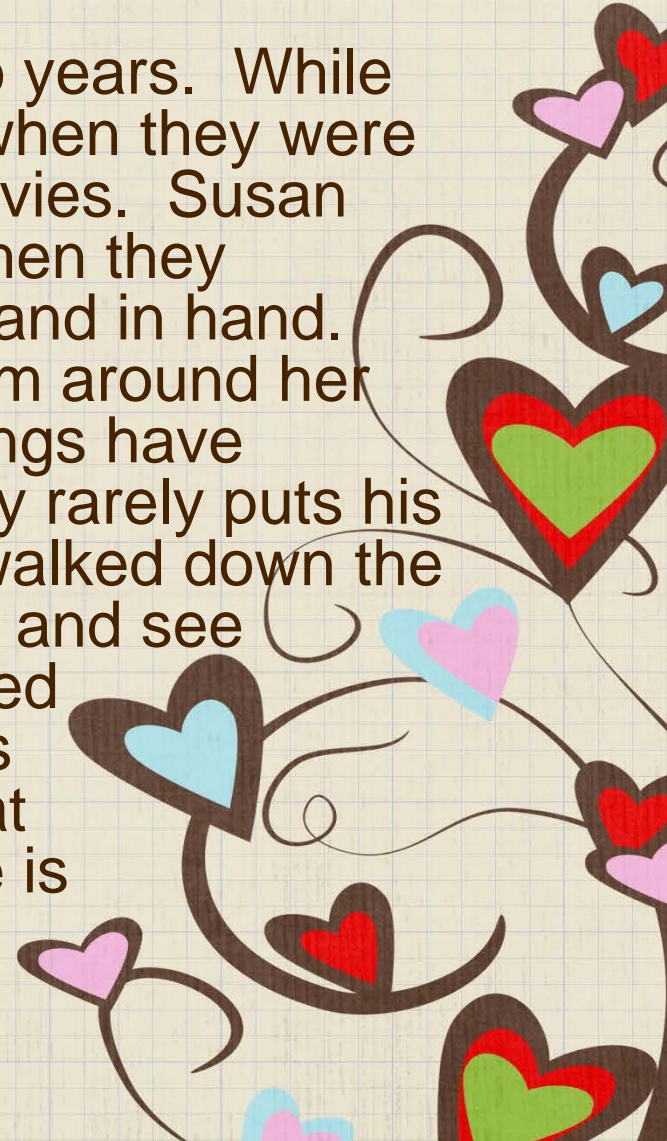
Dr. Gary Chapman

- Not only is it important to figure out what love language *you* are, but it is even more important to find out what love language your partner is.
- When you figure out what language your partner is speaking, you will be able to communicate and relate to them better in order to strengthen your relationship.



Case Study #1

- Susan & Andy have been married for two years. While dating, Andy always held Susan's hand when they were in public and cuddled up close during movies. Susan remembers how good it made her feel when they would walk down the center of the mall hand in hand. She was always proud to have Andy's arm around her at home or during family gatherings. Things have changed now that they are married. Andy rarely puts his arm around Susan. Last week, as they walked down the center of the mall, Susan decided to stop and see just how far he would get before he noticed that she had stopped. He was two stores ahead of her before he turned to ask what she was doing. She wants to feel that he is proud to be with her. Has the love worn off?



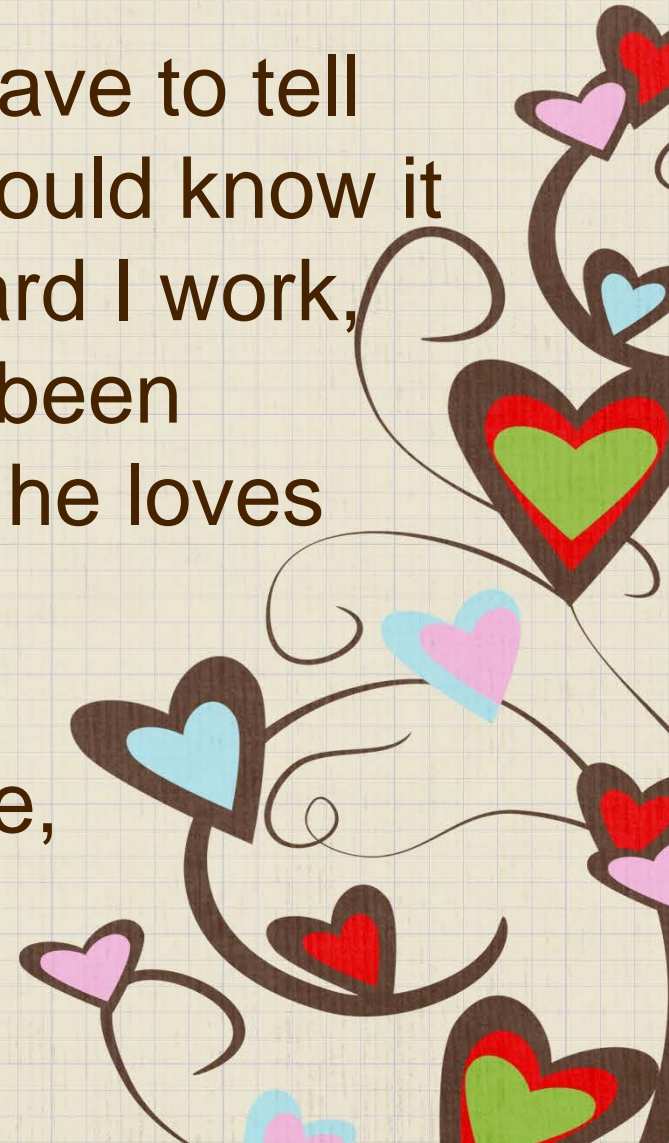
Case Study #1

- Do you think Andy's love for Susan has really worn off?
- What orientation is Susan?
- Do you think Susan wants constant public displays of affection?
- What other things might Andy do to keep the communication in their marriage functioning well?



Case Study #2

- **JACKIE:** "Why do I always have to tell Steve that I love him? He should know it by how I treat him, by how hard I work, and by the fact that we have been married for 30 years. I know he loves me, I do not have to be told everyday that I am loved. I think he is insecure, immature, and needs to grow up."



Case Study #2

- What orientation is Jackie?
- What orientation is Steve?
- Is Steve really immature and insecure?
- Is it realistic or even fair for Jackie to expect him to change his love language?
- How might this couple compromise and resolve the problem?



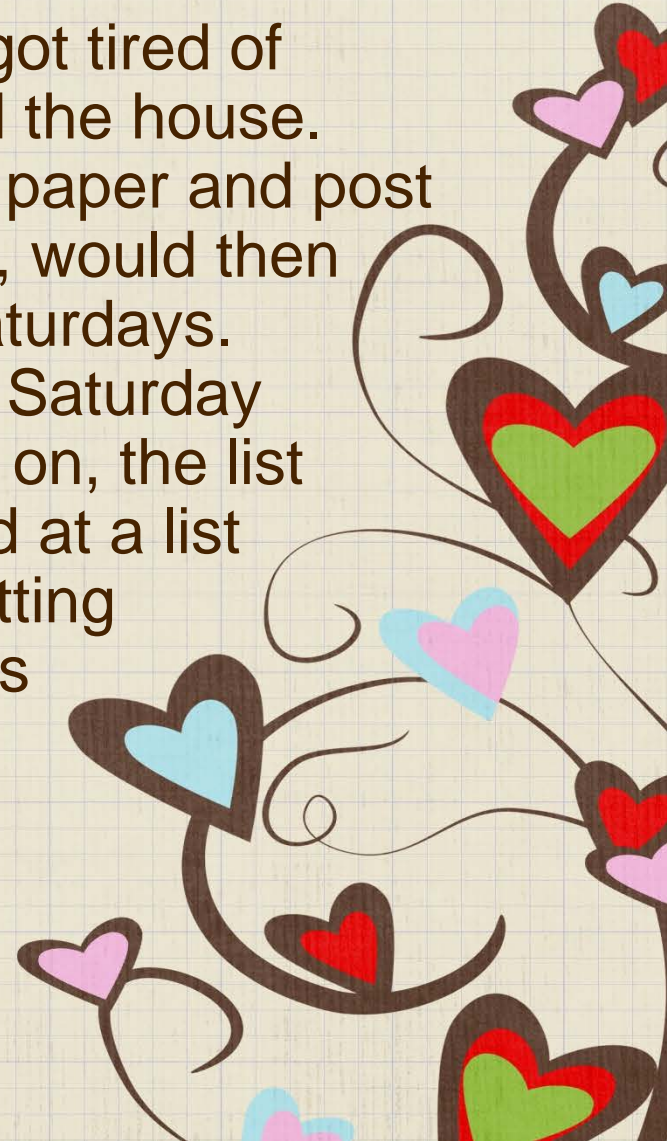
The Golden Rule

- Does the Golden Rule always work
 - “Do unto others as you would like others to do unto you.”
- The Platinum Rule
 - “We should do unto others as they would like to be done unto.”
- Remember to speak to your others in their love language
NOT yours!



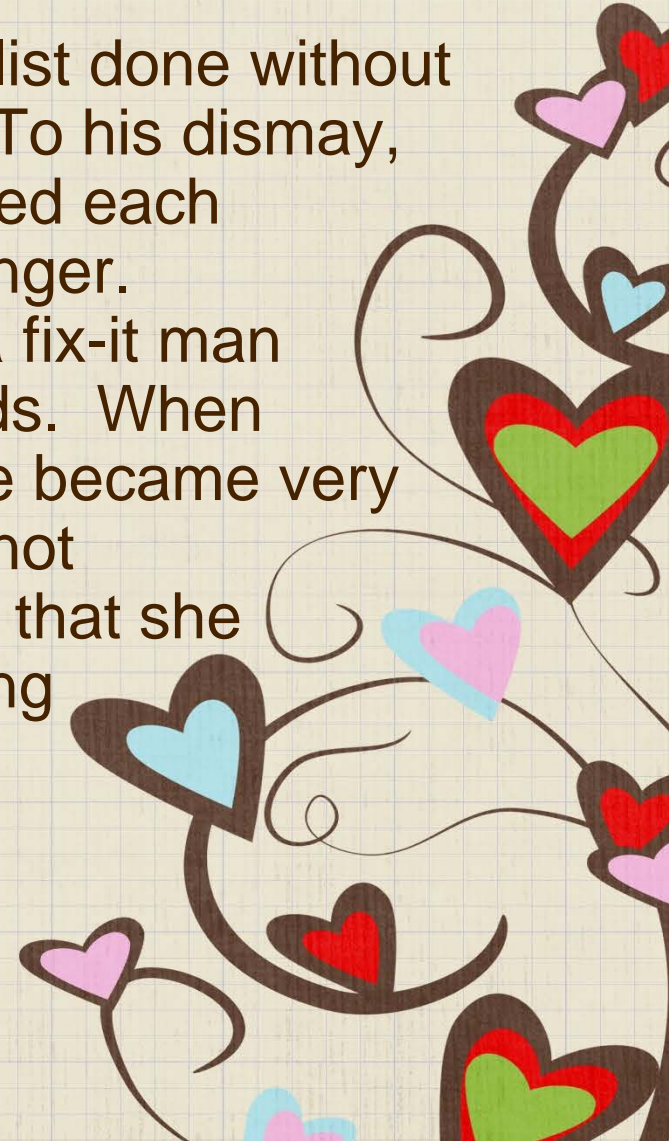
Case Study #3

- Sandy is a mother of four children. She got tired of nagging her husband to do things around the house. She decided to list the jobs on a piece of paper and post her list on the fridge. Her husband, John, would then know what she expected him to do on Saturdays. John did not like spending all his time on Saturday working around the house. As time went on, the list grew and grew, until one day John looked at a list that was four-pages long. Sandy was getting rather cross. John decided that there was only one way he could face this problem and still live with his wife. He decided to work every Saturday for two hours.



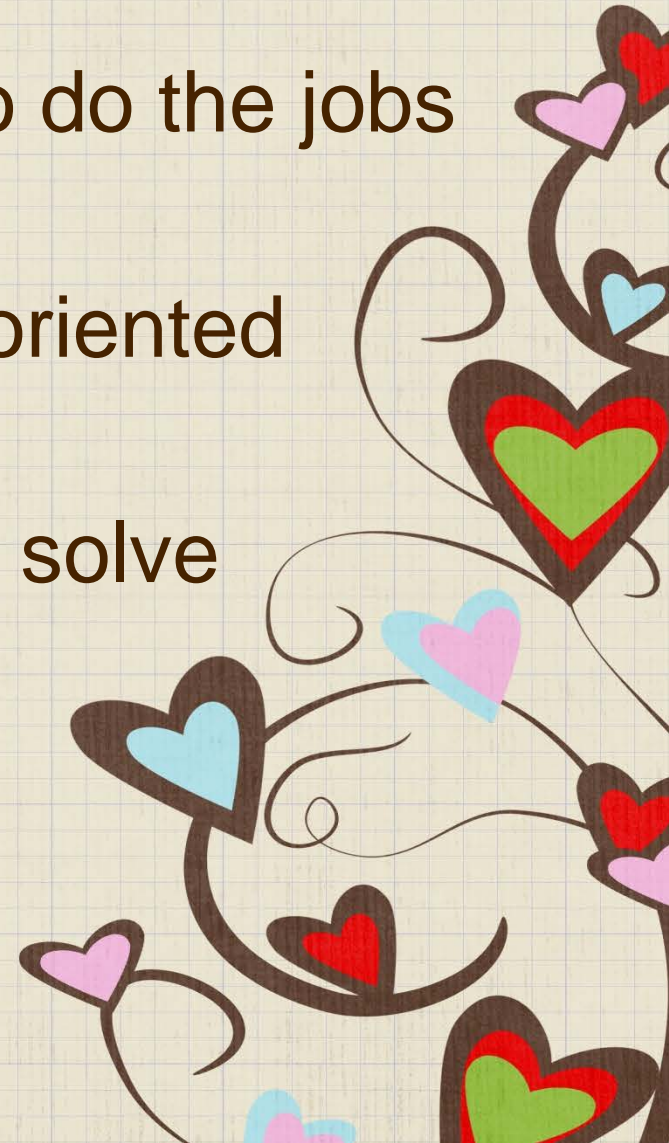
Case Study #3

- That way, he could get the things on the list done without losing his whole Saturday to THE LIST. To his dismay, he could only get a couple of items finished each week. The list kept getting longer and longer. Finally, in complete despair, John hired a fix-it man and went to the football game with his kids. When Sandy discovered what he had done, she became very angry. She wanted John to do the jobs, not someone else. She thought it was unfair that she had to do all the housework without getting a break, while John went to ball games and enjoyed himself.



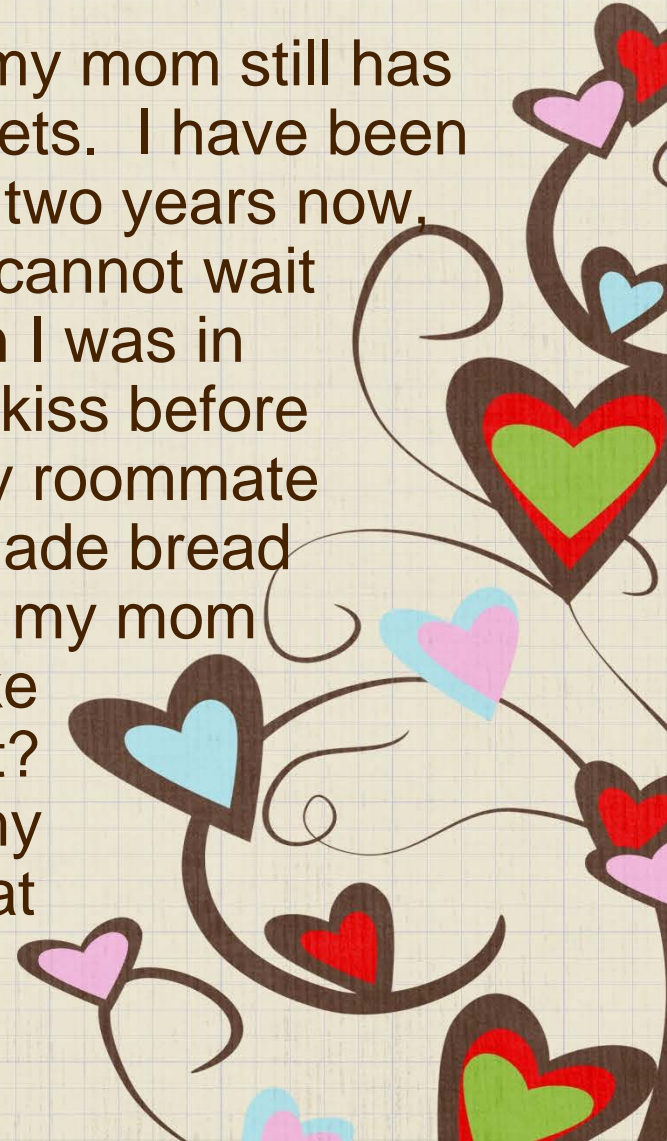
Case Study #3

- Why did Sandy want John to do the jobs himself?
- Do you think John is a task oriented person?
- What might the couple do to solve their problem?



Case Study #4

- "I am nearly twenty-one years old and my mom still has to hug and kiss me every chance she gets. I have been away playing football at a university for two years now, and every time I come home, my mom cannot wait to get her arms around me. Even when I was in high school, my mom had to give me a kiss before I left for a weekender with the guys. My roommate says his mom always has fresh homemade bread when he goes home to visit. Why can't my mom be like that? She knows how much I like her apple pie—why can't she make that? Well, I guess I should be grateful that my mom does all my laundry and fixes great food while I am home.



Case Study #4

- What orientation is the son?
- What orientation is the mom?
- What might improve the relationship between the son and his mother?

