

The Five Love Languages

Gary Chapman (summary by AIM Leadership)

We all have a “love tank.” Like a gas tank, our love tank needs to be filled regularly... when it becomes empty, we cease to function well. (e.g., kids misbehaving often have an empty love tank).

There are five general ways that love tanks can be filled:

1. **Words of Affirmation** (verbal appreciation)
2. **Quality Time** (spending quality time together)
3. **Receiving Gifts**
4. **Acts of Service** (e.g. taking out trash, making a meals, etc)
5. **Physical Touch**

These are the five languages of love. Where relationships “struggle” is when couples speak different languages of love. We often try to love our partner in the ways that we ourselves experience love.

For example, my mother experiences feeling loved when people share quality time with her. She doesn't really seem to care what it is – just as long as it is time together. When she tries to connect with my father, she often creates time away whether it is a walk or a canoe paddle. My father however expresses love through acts of service (taking out trash, running errands, etc). When my mother is acting in a way “wanting love” (creating quality time) – my father feels frustrated because he's been trying to show her how much he loves her by doing things around the house. It typically results in both parties feeling frustrated.



Questions to Explore:

- 1) What are your primary and secondary language of loves?
- 2) What are your partner's primary and secondary languages of love?
- 3) How can you express love for your partner in their language?
- 4) How can you make requests from your partner to be “loved” in your own language?