

The Gift of Family :: Love Language

Dr. Gary Chapman, Christian counselor and author of *The Five Love Languages*, writes about the importance of being able to express love to your spouse in a way that your spouse can understand. He calls this type of communicating using the five love languages. **Chapman's Five Emotional Love Languages:**

- **Words of Affirmation**

This is when you say how nice your spouse looks, or how great the dinner tasted. These words will also build your mate's self image and confidence. Kind words should extend to all people in relationship with you.

- **Quality Time**

Some people believe that being together, doing things together and focusing in on one another is the best way to show love and friendship. If this is your partner's love language, turn off the TV and give one another some undivided attention.

- **Gifts**

It is universal in human cultures to give gifts. They don't have to be expensive to send a powerful message of love. A child, spouse, or friend will love a small gift. It can make a person feel very loved.

- **Acts of Service**

Discovering how you can best do something for your spouse or child, friend or neighbor, will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy in order to be perceived as a gift of love.

- **Physical Touch**

Scratching a spouse's back, holding hands, or a peck on the cheek will fulfill this need. With friends, a high-five, a hug, or just being in close proximity is of great value.

Determining Your Own Love Language

Since you may be speaking what you need, you can discover your own love language by asking yourself these questions:

- How do I express love to others?
- What do I complain about the most?
- What do I request most often?

Speaking to your spouse or friend in their love language probably won't be natural for you. Dr. Chapman says, "We're not talking comfort. We're talking love. Love is something we do for someone else. So often people love one another but they aren't connecting. They are sincere, but sincerity isn't enough."

Emotional Experiences

The number one emotional experience reported by folks is feeling the presence of God in their lives. The emotional high of being in love (which generally lasts around 2 years) is the second highest emotional experience that people reportedly have.

That is why it can be so difficult to try and talk some sense into someone who is in the midst of falling in love. Chapman stated that obsessive love can render people mentally incompetent. "There's not much difference between being in love and being insane."

Fading Tingle and Empty Love Tanks

After the first or second year of marriage, when the initial "tingle" is starting to fade, many couples find that their "love tanks" are empty. Friends have to work at this also. Often time's, people try to express love but in reality they were speaking a different love language. The best way to fill a family member or friend's love tank is to express love in their love language. Each of us has a primary love language.

To discover your love language, visit this website for a free test: [FREE LOVE LANGUAGE TEST](#)