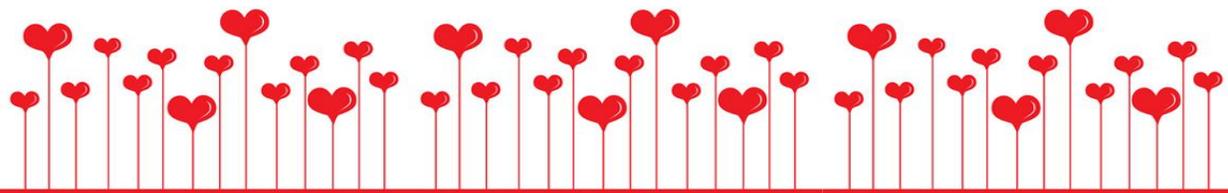


# The 5 Love Languages



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# **THE 5 LOVE LANGUAGES (SESSION 1 - 1 hr 30 mins)**

## **For Facilitator**

*Objective:* To introduce the concept of the 5 Languages of Love.

*Desired Outcome:* Couples identify their own and the spouse's dominant love language and couples learn to speak their spouse's dominant love language.

*Handouts:*

- 1) Profile for Husbands
- 2) Profile for Wives
- 3) Handout 1: The story of Norm and Jean
- 4) Handout 2: How to express our love using our spouse's language of love.

## **1 OPENING PRAYER ( 0.5 min )**

## **2 INTRODUCTION ( 0.5 min )**

Tonight's session is on the 5 Languages of Love. It is based on Dr Gary Chapman's book, "The 5 Languages of Love". The first objective tonight is to discover what is our own and our spouse's dominant language of love. The second objective is to learn to speak our spouse's dominant love language.

## **3 EXERCISE ONE ( 20 mins )**

What is your dominant love language? What makes you feel most loved by your spouse? What do you desire above all else?

We shall now do an exercise to find out what is your dominant language of love.

We will hand out a **Profile for Husbands** and a different **Profile for Wives**. The profile consists of 30 pairs of statements. From each pair of statements, you need to pick one that is more important to you. Sometimes, it may be difficult to choose between the 2 statements, so you need to think carefully and choose the one that is most accurate for you.

[Do Profile exercise] ( 15 mins )

If you have finished, add up the number of "A", "B", "C", "D" and "E" answers that you have and them in the spaces provided. Your highest score will indicate what is your dominant language of love, and your second highest score will indicate what is your secondary language of love.

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[Couples add up their scores]

#### **4 WRAP-UP FOR EXERCISE ONE ( 3 mins )**

What are the 5 languages of love? They are:

- 1) Words of Affirmation
- 2) Quality Time
- 3) Receiving Gifts
- 4) Acts of Service
- 5) Physical Touch

How do you interpret your scores for the Profile exercise? What difference does knowing your love language makes? What can you do now that you know your love language as well as that of your spouse?

Firstly, please note that your dominant love language is the one that you received the highest score for. If your scores are equal for any two love languages, you are "bilingual" and have two dominant love languages. If your second highest scoring love language is very close, this may mean that both expressions of love are important to you.

Secondly, please note that although you may have a dominant love language, do not dismiss the other love languages as unimportant. This is because your spouse's dominant love language may be different, and it may be helpful and even necessary for you to understand and even learn to speak your spouse's dominant languages of love as well.

In the same way, it will be helpful for your spouse to know and learn to speak your love language and express his or her affection for you in ways that you can understand most clearly and interpret as love.

Thirdly, every time that you or your spouse speaks each other's language of love, you will feel each other's love in a more impactful way. You will feel a stronger and greater sense of connection, and this will translate into better communication, increased understanding, more romance and, ultimately, improved couple relationship.

#### **5 THE STORY OF NORM AND JEAN ( 10 mins )**

**For Facilitator**

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*Suggestion: Make copies of Handout 1 “The Story of Norm and Jean”, one per person and hand them out. Get each person to read one paragraph, going round from person to person until end of the story.*

Let us look at a case profile by Dr Gary Chapman in his book, “The 5 Languages of Love” to see the impact of understanding the love language of our spouse and the difference that makes. The couple in the story is Norm and Jean.

[Give out **Handout 1** and let everyone take turns to read it aloud.]

Can love and romance be reactivated and increased in a marriage? Definitely. The key is to learn the dominant love language of your spouse and to make the decision to love and choose to speak the dominant love language of your spouse.

## **6 DIALOGUE QUESTION ( 50 mins)**

We shall now proceed to do our first dialogue question.

### **First Dialogue Question (5/5)**

What is my dominant language of love? In the last few months, what are the things you do or say that make me feel most loved. Describe in detail the feelings of love that I experienced as a result. How do I feel sharing this with you?

Open sharing to follow. (30 mins)

(If there is time) Now, our second dialogue question is as follows.

### **Second Dialogue Question (5/5)**

HDIF reading what my spouse wrote about the things that I do that makes him/her feel most loved? HDIF realizing that my spouse’s language of love is ..... and my language of love is.....?

No open sharing.

## **7 HOW TO EXPRESS OUR LOVE USING OUR SPOUSE’S LANGUAGE OF LOVE? ( 3 mins )**

We shall now distribute and go through **Handout 2** to see what we can do from now till when we meet again to express our love for our spouse using our spouse’s language of love.

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We shall highlight some suggestions but it is really up to your own initiative and imagination as well as by trial and error to see what works best. What everyone has shared in the dialogue question can also be used as a guide.

### **8 EXERCISE TWO ( 2 mins )**

For the second exercise, please take a minute to make a list of things you would try to do to express your love using your spouse's dominant language of love. There will be no sharing for this.

### **9 WRAP-UP FOR SESSION 1 (0.5 mins )**

Today, we have gone through the 5 Languages of Love and found out what are our own and our spouse's language of love.

We also went through the things we can do to speak our spouse's language of love if it is not the same as our own. It is a bit like picking up a second language. It may be a bit awkward at first, but the more we practise and use it, the easier and more natural it becomes.

For example, if your spouse speaks French and you speak English, your declarations of love may not be understood by your spouse even though you may be continuously telling your spouse that you love him or her in English. However, if you pick up some French and are able to say to your spouse "I love you" in French, or "Je'taime", your spouse will then finally understand and feel your love. And vice versa.

Like any language, it may take time to pick up and the more you practise, the better you will become. Have fun picking it up your spouse's language of love and remember to practise it as often as you can.

### **10 CLOSING PRAYER (0.5 mins )**

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## THE STORY OF NORM AND JEAN

Jean and Norm had traveled for three hours to get to my office. It was obvious that Norm did not want to be there. Jean had twisted his arm by threats of leaving him. (I do not suggest this approach, but people do not always know my suggestions before they come to see me.) They had been married for thirty-five years and had never gone to counseling before.

Jean began the conversation. "Dr. Chapman, I want you to know two things up front. First of all, we don't have any money problems. I was reading in a magazine that money is the biggest problem in marriage. That's not true for us. We both have worked through the years, the house is paid for, the cars are paid for. We don't have any money problems. Second, I want you to know that we don't argue. I hear my friends talking about the arguments they have all the time. We have never argued. I can't remember the last time we ever had an argument. Both of us agree that arguing is fruitless, so we don't argue."

As a counselor, I appreciated Jean's clearing the path. I knew that she was going to get right to the point. It was obvious that she had thought through her opening statement. She wanted to make sure we didn't get bogged down in non-problems. She wanted to use the hour wisely.

She continued. "The problem is that I just don't feel any love coming from my husband. Life is a routine for us. We get up in the morning and go off to work. In the afternoon, he does his thing and I do my thing. We generally have dinner together, but we don't talk. He watches TV while we eat. After dinner, he piddles in the basement and then sleeps in front of the TV until I tell him it's time to go to bed. That is our schedule five days a week. On Saturday, he plays golf in the morning, works in the yard in the afternoon, and we go out to dinner with another couple on Saturday night. He talks to them, but when we get into the car to go home, the conversation is over. Once we are at home, he sleeps in front of the TV until we go to bed. On Sunday morning, we go to church. We always go to church on Sunday morning, Dr. Chapman," she emphasized.

"Then," she said, "we go out to lunch with some friends. When we get home, he sleeps in front of the TV all Sunday afternoon. We usually go back to church on Sunday night, come home, eat popcorn, and go to bed. That's our schedule every week. That's all there is to it. We are like two roommates living in the same house. There is nothing going on between us. I don't feel any love coming from him. There is no warmth, there's no emotion. It's empty, it's dead. I don't think I can go on much longer like this."

By that time, Jean was crying. I handed her a tissue and looked at Norm. His first comment was, "I don't understand her." After a brief pause, he continued. "I have done everything I know to

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show her that I love her, especially the last two or three years since she's been complaining about it so much. Nothing seems to help. No matter what I do, she continues to complain that she doesn't feel loved. I don't know what else to do."

I could tell that Norm was frustrated and exasperated. I inquired, "What have you been doing to show your love for Jean?"

"Well, for one thing," he said, "I get home from work before she does, so I get dinner started every night. In fact, if you want to know the truth, I have dinner almost ready when she gets home four nights a week. The other night, we go out to eat. After dinner, I wash dishes three nights a week. The other night I have a meeting, but three nights I wash the dishes after dinner is over. I do all the vacuuming because her back is bad. I do all the yard work because she is allergic to pollen. I fold the clothes when they come out of the dryer."

He went on telling me other things that he did for Jean. When he finished, I wondered, *what does this woman do?* There was almost nothing left for her.

Norm continued, "I do all those things to show her that I love her, yet she sits there and says to you what she has been saying to me for two or three years - that she doesn't feel loved. I don't know what else to do for her."

When I turned back to Jean she said, "Dr. Chapman, all of those things are fine, but I want him to sit on the couch and talk to me. We don't ever talk. We haven't talked in thirty years. He's always washing dishes, vacuuming the floor, mowing the grass. He's always doing something. I want him to sit on the couch with me and give me some time, look at me, talk to me about us, about our lives."

Jean was crying again. It was obvious to me that her primary love language was "Quality Time." She was crying for attention. She wanted to be treated as a person, not an object. Norm's busyness did not meet her emotional need. As I talked further with Norm, I discovered that he didn't feel loved either, but he wasn't talking about it.

He reasoned, "If you have been married for thirty-five years and your bills are paid and you don't argue what more can you hope for?" That's where he was. But when I said to him, "What would be an ideal wife to you? If you could have a perfect wife, what would she be like?" he looked me in the eye for the first time and asked, "Do you really want to know?"

"Yes," I said. He sat up on the couch and folded his arms across his chest. A big smile broke on his face, and he said, "I've dreamed about this. A perfect wife would be a wife who would come home in the afternoon and fix dinner for me. I would be working in the yard, and she would call me in to eat. After dinner, she would wash the dishes. I would probably help her some, but she would take the responsibility. She would sew the buttons on my shirt when they fall off."

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Jean could contain herself no longer. She turned to him and said, "I'm not believing you. You told me that you liked to cook."

"I don't mind cooking," Norm responded, "but the man asked me what would be ideal"

I knew Norm's primary love language without another word - "Act of Service." Why do you think Norm did all of those things for Jean?

Because that was his love language. In his mind, that's the way you show love: by doing things for people. The problem was that "doing things" was not Jean's primary love language. It did not mean to her emotionally what it would have meant to him if she had been doing things for him.

When the light came on in Norm's mind, the first thing he said was, "Why didn't somebody tell me this thirty years ago? I could have been sitting on the couch talking to her fifteen minutes every night instead of doing all this stuff."

He turned to Jean and said, "For the first time in my life, I finally understand what you mean when you say 'We don't talk.' I could never understand that. I thought we did talk. I always ask, 'Did you sleep well?' I thought we were talking, but now I understand. You want to sit on the couch fifteen minutes every night and look at each other and talk. Now I understand what you mean, and now I know why it is so important to you. It is your emotional love language, and we'll start tonight. I'll give you fifteen minutes on the couch every night for the rest of my life. You can count on that."

Jean turned to Norm and said, "That would be heavenly, and I don't mind fixing dinner for you. It will have to be later than usual because I get off work later than you, but I don't mind fixing dinner. And I would love to sew your buttons on. You never left them off long enough for me to get them. I'll wash dishes the rest of my life if it will make you feel loved."

Jean and Norm went home and started loving each other in the right love languages. In less than two months, they were on a second honeymoon. They called me from the Bahamas to tell me what a radical change had taken place in their marriage.

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## HOW TO EXPRESS OUR LOVE USING OUR SPOUSE'S LANGUAGE OF LOVE?

### 1) Words of Affirmation

- Encouraging words in goals that your spouse chooses to pursue
- Verbal compliments to spouse and to others in front of spouse (eg. in front of the children, parents, in-laws, friends etc)
- Kind words of understanding in soft gentle tones
- Humble words of request, not demands
- Verbal appreciation of things done for you by your spouse
- Love letter

### 2) Quality Time

- Togetherness through focused attention. Don't multi-task and refuse to interrupt.
- Quality conversations through sympathetic dialogue (eg. sharing experiences, thoughts, feelings and desires). Observe body language.
- Listening with a genuine desire to understand your spouse's thoughts and desires. Listen for feelings.
- Shared quality activities (eg. activities which your spouse loves but you may not)
- Learn to talk and share of your self, your thoughts, desires and feelings.
- Plan activities for just the two of you. Eg, lunch appointments, dates, holiday. List out the activities your spouse has always wanted to do and fulfill them one by one.

### 3) Receiving Gifts

- Reminder of love eg a pebble from a romantic walk by the beach
- Visual symbols of love eg rings, bracelets and necklace
- If you have emotional resistance to the idea of spending money as an expression of love, remember it is the best investment in your relationship you will ever make
- Gift of self eg. physical presence in time of celebration or crisis
- A parade of gifts eg. something for the morning, afternoon and night
- A gift a week. Start a gift idea note book.
- Substantial gift for special occasions. It can even be a donation to your spouse's favourite charity.

### 4) Acts of Service

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- Start by doing the things that are most important to your spouse
- Do acts of service out of choice and not coercion, fear, guilt or resentment.
- Overcome the stereotypes of what a man or a woman should do.
- Get your children to help you with your acts of service
- Do some major acts of service as well as daily acts of service
- Get help to do the acts of service that you are unable to do

#### 5) Physical Touch

- Holding hands, hugging and kissing
- Back rub or foreplay
- Sexual intercourse
- Sitting close to each other
- Touching each other frequently eg. on shoulder, arm, hand, face, leg
- Running hand through hair
- Goodbye kiss or hello hug

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## PROFILE FOR HUSBANDS

The profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements, and then, in the right-hand column, circle the letter that matches up with the statement you choose. It may be tough at times to decide between two statements, but you should only choose one per pair to ensure the most accurate profile results.

Allow at least 15 to 30 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Once you've made your selections, go back and count the number of times you circled each individual letter. You can list the results in the appropriate spaces at the end of the profile.

### HUSBANDS

- |   |   |   |
|---|---|---|
| 1 | My wife's love notes make me feel good.   | A |
|   | I love my wife's hugs.  | E |
| 2 | I like to be alone with my wife.  | B |
|   | I feel loved when my wife helps me to send the children for their activities when I am tired. | D |
| 3 | Receiving special gifts from my wife makes me happy.  | C |
|   | I enjoy long trips with my wife.  | B |
| 4 | I feel loved when my wife clears up my mess.  | D |
|   | I like it when my wife touches me.  | E |
| 5 | I feel loved when my wife puts her arm around me.   | E |
|   | I know my wife loves me because she surprises me with gifts.                                  | C |
| 6 | I like going most anywhere with my wife.  | B |
|   | I like to hold my wife's hand.  | E |
| 7 | I value the gifts my wife gives to me.  | C |
|   | I love to hear my wife say she loves me.  | A |

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8 I like for my wife to sit close to me.

E

My wife tells me I look good and I like that.

A

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- 9 Spending time with my wife makes me happy. B  
 Even the smallest gift from my wife is important to me. C
- 10 I feel loved when my wife tells me she is proud of me. A  
 When my wife cooks a meal for me, I know that she loves me. D
- 11 No matter what we do, I love doing things with my wife. B  
 Supportive comments from my wife make me feel good. A
- 12 Little things my wife does for me mean more to me than things she says D  
 I love to hug my wife. E
- 13 My wife's praise means a lot to me. A  
 It means a lot to me that my wife gives me gifts I really like. C
- 14 Just being around my wife makes me feel good B  
 I love it when my wife rubs my back E
- 15 My wife's reactions to my accomplishments are so encouraging. A  
 It means a lot to me when my wife helps with something I know she hates. D
- 16 I never get tired of my wife's kisses. E  
 I love that my wife shows real interest in things I like to do. B
- 17 I can count on my wife to help me with projects. D  
 I still get excited when opening a gift from my wife. C
- 18 I love for my wife to compliment my appearance. A  
 I love that my wife listens to my ideas and doesn't rush to judge or criticize. B
- 19 I can't help but touch my wife when she's close by. E  
 My wife sometimes runs errands for me, and I appreciate that. D
- 20 My wife deserves an award for all the things she does to help me. D  
 I'm sometimes amazed at how thoughtful my wife's gifts to me are. C

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- 21 I love having my wife's undivided attention. B  
Keeping the house clean is an important act of service. D
- 22 I look forward to seeing what my wife gives me for my birthday. C  
I never get tired of hearing my wife tell me that I am important to her. A
- 23 My wife lets me know she loves me by giving me gifts. C  
My wife shows her love by helping me catch up on projects around the house. D
- 24 My wife doesn't interrupt me when I am talking, and I like that. B  
I never get tired of receiving gifts from my wife. C
- 25 My wife can tell when I'm tired, and she's good about asking how she can help. D  
It doesn't matter where we go; I just like going places with my wife. B
- 26 I love having sex with my wife. E  
I love surprise gifts from my wife. C
- 27 My wife's encouraging words give me confidence. A  
I love to watch movies with my wife. B
- 28 I couldn't ask for any better gifts than the ones my wife gives me. C  
I just can't keep my hands off my wife. E
- 29 It means a lot to me when my wife helps me despite having other things to do. D  
It makes me feel really good when my wife tells me she appreciate me A
- 30 I love hugging and kissing my wife after we've been apart for a while. E  
I love hearing my wife tell me that she believes in me. A

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## PROFILE FOR HUSBANDS

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_ D: \_\_\_\_\_ E: \_\_\_\_\_

- A = Words Of Affirmation
- B = Quality Time
- C = Receiving Gifts
- D = Acts of Service.
- E = Physical Touch

Highest Score : \_\_\_\_\_

Second Highest Score : \_\_\_\_\_

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## PROFILE FOR WIVES

The profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements, and then, in the right-hand column, circle the letter that matches up with the statement you choose. It may be tough at times to decide between two statements, but you should only choose one per pair to ensure the most accurate profile results.

Allow at least 15 to 30 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Once you've made your selections, go back and count the number of times you circled each individual letter. You can list the results in the appropriate spaces at the end of the profile.

### WIVES

- |   |  |   |
|---|--|---|
| 1 | Sweet notes from my husband make me feel good.                             | A |
|   | I love my husband's hugs.  | E |
| 2 | I like to be alone with my husband.  | B |
|   | I feel loved when my husband picks me up from work or when I am out.       | D |
| 3 | Receiving special gifts from my husband makes me happy.                    | C |
|   | I enjoy long trips with my husband.  | B |
| 4 | I feel loved when my husband helps me to do marketing or grocery shopping. | D |
|   | I like it when my husband touches me.                                      | E |
| 5 | I feel loved when my husband puts his arm around me.                       | E |
|   | I know my husband loves me because he surprises me with gifts.             | C |
| 6 | I like going most anywhere with my husband.                                | B |
|   | I like to hold my husband's hand.  | E |
| 7 | I value the gifts my husband gives to me.                                  | C |
|   | I love to hear my husband say he loves me.                                 | A |
| 8 | I like for my husband to sit close to me.                                  | E |
|   | My husband tells me I look good and I like that.                           | A |

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- 9 Spending time with my husband makes me happy. B  
 Even the smallest gift from my husband is important to me. C
- 10 I feel loved when my husband tells me he is proud of me. A  
 When my husband helps clean up after a meal, I know that he loves me. D
- 11 No matter what we do, I love doing things with my husband. B  
 Supportive comments from my husband make me feel good. A
- 12 Little things my husband does for me mean more to me than things he says. D  
 I love to hug my husband. E
- 13 My husband's praise means a lot to me. A  
 It means a lot to me that my husband gives me gifts I really like. C
- 14 Just being around my husband makes me feel good. B  
 I love it when my husband gives me a massage. E
- 15 My husband's reactions to my accomplishments are so encouraging. A  
 It means a lot to me when my husband helps with something I know he hates. D
- 16 I never get tired of my husband's kisses. E  
 I love that my husband shows real interest in things I like to do. B
- 17 I can count on my husband to help me with projects. D  
 I still get excited when opening a gift from my husband. C
- 18 I love for my husband to compliment my appearance. A  
 I love that my husband listens to me and respects my ideas. B
- 19 I can't help but touch my husband when he's close by. E  
 My husband sometimes runs errands for me, and I appreciate that. D
- 20 My husband deserves an award for all the things he does to help me. D  
 I'm sometimes amazed at how thoughtful my husband's gifts to me are. C

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- 21 I love having my husband's undivided attention. B  
 I love that my husband helps clean the house. D
- 22 I look forward to seeing what my husband gives me for my birthday. C  
 I never get tired of hearing my husband tell me that I am important to him. A
- 23 My husband lets me know he loves me by giving me gifts. C  
 My husband shows his love by helping me without me having to ask. D
- 24 My husband doesn't interrupt me when I am talking, and I like that. B  
 I never get tired of receiving gifts from my husband. C
- 25 My husband is good about asking how he can help when I'm tired. D  
 It doesn't matter where we go. I just like going places with my husband. B
- 26 I love cuddling with my husband. E  
 I love surprise gifts from my husband. C
- 27 My husband's encouraging words give me confidence. A  
 I love to watch movies with my husband. B
- 28 I couldn't ask for any better gifts than the ones my husband gives me. C  
 I love it that my husband can't keep his hands off me. E
- 29 It means a .lot to me when my husband helps me despite being busy. D  
 It makes me feel really good when my husband tells me he appreciates me. A
- 30 I love hugging and kissing my husband after we've been apart for a while. E  
 I love hearing my husband tell me that he missed me. A

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## PROFILE FOR WIVES

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_ D: \_\_\_\_\_ E: \_\_\_\_\_

- A = Words Of Affirmation
- B = Quality Time
- C = Receiving Gifts
- D = Acts of Service.
- E = Physical Touch

Highest Score : \_\_\_\_\_

Second Highest Score : \_\_\_\_\_

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## **THE 5 LOVE LANGUAGES (SESSION 2 – 1 hr 30 mins)**

### **For Facilitator**

- Objectives:*
- 1) *To reinforce the concept of the 5 Languages of Love.*
  - 2) *To introduce the concept of Love Tank.*
  - 3) *To introduce the Special Sensitivities for the 5 Languages of Love.*
- Desired Outcome:* *Couples are motivated to fill up their Love Tanks and grow in awareness of the Special Sensitivities of their spouse's dominant love language.*
- Handouts:* *Handout 3: Special Sensitivities for the 5 Love Languages*

### **1 OPENING PRAYER ( 0.5 min )**

### **2 INTRODUCTION ( 0.5 min )**

For tonight's session, we move on to learn about 2 more concepts: i) Love Tanks, and ii) the Special Sensitivities of our dominant love language. The first objective is tonight is to learn how to fill up our spouse's Love Tank. And the second objective is for us to become aware of the Special Sensitivities of our spouse's dominant love language.

### **3 LOVE TANK ( 2 mins )**

At the last session, we have gone through the 5 Languages of Love and found out what are our own and our spouse's dominant language of love. We also learned some tips on how to speak our spouse's language of love. Knowing our spouse's love language and speaking that language is very important. It helps us to fill up our spouse's Love Tank.

What is a Love Tank? Very simply, it is like the fuel tank of a car.

We all have a Love Tank and when our Love Tank is full, we feel loved, secure and happy. However, in our daily interactions, it is normal for us to experience times of irritation, impatience and disappointment in our marital relationship. It is at such times that we draw on and use up the love fuel in our Love Tank.

If our Love Tank is full, then our marital issues and problems will be easier to resolve. But if our Love Tank is low, or worse still, if it is empty, then even the smallest issue or problem seems

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insurmountable, and can be easily blown out of proportion. Basically, like a fuel tank, our Love Tank needs to be re-filled by us periodically.

Do you know what is the best grade love fuel to fill up our Love Tank with? The best grade love fuel for our Love Tank is actually our dominant language of love.

So as you can see, it is important to constantly fill up our spouse's Love Tank in order to enjoy a smooth ride in our couple relationship. How do we do that? One, as mentioned, we can speak more of our spouse's love language. On a daily basis, if possible. Two, we can put time aside each week for special couple time. Three, we can do more activities together as a couple. Four, we can re-discover the things that we used to enjoy doing as a couple. Five, we can try new things to add to the list of things that we can do in the future as a couple.

When you go home today, we encourage you to make the decision to love and take steps to schedule and make plans to fill up your spouse's Love Tank till it's full. And to keep topping it up on a regular basis.

#### **4 EXERCISE ONE ( 1 min )**

Please take a minute to make a list of the things you would try to do to fill up your spouse's Love Tank. There will be no sharing for this.

#### **5 SPECIAL SENSITIVITIES FOR THE 5 LANGUAGES OF LOVE ( 5 mins )**

We have learned about the things that we can do to communicate our love in our spouse's language of love. We also know that this is the best grade love fuel that can help to fill up our spouse's Love Tank. However, there are also things that we may do that our spouse's language of love may have Special Sensitivities to. As a result, it may use up or leak away the love fuel in his or her Love Tank.

What is the significance of becoming aware of the Special Sensitivities of each of the 5 Languages of Love?

Well, for example, if someone's language of love is "praise", he will usually feel the impact of praises keenly. But he will also feel the impact of "criticism" more. The Special Sensitivity of the language of love of "praise" is "criticism".

Not only that, if the praises are qualified in any way, it may also be taken negatively as compared to someone whose language of love is not praise. For example, a qualified praise

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may be if you say “you cooked such a wonderful dinner tonight, but it was a bit salty”. Or if you say “well done for your results, but you must not get complacent or get lazy”.

There is a “but” in the praise. For someone whose language of love is not praise, the “but” will not have any negative impact. It will not cancel out the positive impact of the words of praise. However, for someone whose language of love is praise, the “but” will be keenly felt and may even cancel out the whole positive effect of the words of praise. All he or she hears is the “but”. If your language of love is not praise, you may not feel anything negative at all.

To make this clearer, if we substitute the words of praise with the words “I love you”, and add in a “but”, the sentence will become “I love you but...”. We can then see that the “but” changes the expression of love from unconditional love to conditional love instead for someone whose language of love is praise.

Another example will be if someone’s language of love is “gifts”, he will feel intensely loved by the receipt of a gift on say, his birthday. But the absence of a gift on his birthday will also make him feel extremely unloved. The Special Sensitivity of the language of love of “gift” is “the absence of a gift”.

Not only that, if the gift is qualified in any way, it may also be taken negatively as compared to someone whose language of love is not gift. For example, if the giver says “if you clear up the house, I will give you a present”. Or if he says, “you can open and use your present only if you finish clearing up the mess in the cupboard”.

There is an “if” in the gift. For someone whose language of love is not gift, the “if” will not have any negative impact and may well serve to encourage him to work quickly or to work harder to complete the task. However, for someone whose language of love is gift, it is the equivalent of saying “if you clear up the house, I will love you”. Or “I will love you only if you finish clearing up the mess in the cupboard”. We can see that the “if” changes it completely for some whose language of love is “gift”.

So is there a comprehensive list of Special Sensitivities for each of the 5 Languages of Love? We shall highlight some Special Sensitivities that each love language may be sensitive to but there is no comprehensive list. It is up to your own observation of your spouse to discover what he or she is sensitive to.

We shall now distribute to you **Handout 3** which sets out some Special Sensitivities for each of the 5 Languages of Love.

## **6 EXERCISE TWO ( 1 min )**

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Please take a minute to make a list of the things that you would try to do to after being aware of the Special Sensitivities of your spouse's language of love. There will be no open sharing for this.

## **7 DIALOGUE QUESTION ( 50 mins )**

We shall now proceed to do our dialogue question.

### First Dialogue Question (5/5)

What is my dominant language of love? What are the things you do or say that make me feel unloved. Describe in detail the emotions, not judgments or opinions, that I feel when they occurred. HDIF sharing this with you?

Open sharing to follow. (15 mins)

(If there is time) Now, our second dialogue question is as follows.

### Second Dialogue Question (5/5)

How do I feel reading what my spouse wrote about the things I do which make him/her feel unloved? How can I do better next time? HDIF sharing this with you?

Open sharing to follow. (15 mins)

## **8 COURTSHIP AND HONEYMOON DAYS ( 4 mins )**

Now, let's cast your minds back to your courtship days and the honeymoon phase in your marriage. How did you express your love during your courtship and honeymoon days? Can you all remember?

Chances are that you may have expressed your love in all the 5 languages of love.

Time: You would have wanted to spend as much time as possible with your spouse (then boyfriend or girlfriend of course). You would have travelled long distance in order to meet up, or waited endlessly in order to have a chance for a quick short date.

Gifts: You would have bought your spouse many presents and flowers. You would be constantly giving your spouse small little gifts or cards. You would be anxious to find out what gifts you spouse likes or wants.

Service: You would have been more than happy to do a lot of things for your spouse during your courtship and honeymoon days. You would see to your spouse's every need. For the guys, you

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would have been the perfect gentleman, opening doors for her, pulling out the chairs for her, carrying her shopping bags or sending her and picking her up. For the ladies, you would have been happy tidying up his room, washing his clothes, cooking his meals, washing his dishes, massaging his tired muscles or even taking care of him when he got drunk.

Praise: During the courtship and honeymoon days, you would also be full of praises and admiration for your spouse. For the gentlemen, you would be constantly telling her how beautiful or pretty she looked, or how kind, loving and gentle she was. For the ladies, you would be telling your spouse how handsome he was, how well he sang, how smart he was or how caring he was.

Physical Touch: You would be more than happy to be in close physical contact with your spouse during the courtship or honeymoon days. The gentlemen would have made use of every opportunity to hold her hands, put an arm around her shoulders or sit as close as possible to her. Similarly, the ladies would have been more than happy to link her arms through his, lean on his shoulders or hug him.

However, after marriage, what happens is that we usually revert back to our dominant language of love. If this is not the same love language as our spouse's dominant language of love, there may be a mis-match.

Then, although you are still expressing your love for your spouse, it will likely be in your dominant love language which you are most comfortable with. But this may not be that of your spouse. Your spouse will then be left wondering why the old expressions of love he or she remembered has stopped. This may lead your spouse to come to feel that you have stopped loving him or her as before.

Sometimes, this mis-communication can cause a lot of misunderstanding in our couple relationship. Therefore, it is necessary to learn and communicate our love in our spouse's dominant language of love so that our spouse can clearly feel our love for them. As they are most receptive to their own language of love, this is the most effective way to communicate our love to them.

Of course, we are not restricted to only showing our love in one language of love. It always helps to communicate in all the 5 languages of love whenever possible. And we strongly encourage you to do so. This will keep his or her Love Tank filled.

## **9 DIALOGUE QUESTION ( 25 mins )**

Our next dialogue question is as follows.

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### Dialogue Question (5/5)

During our courtship days, what are the things that you do or say that made me feel loved by you? HDIF sharing this with you?

Open sharing to follow. (15 mins)

### **10 WRAP-UP FOR SESSION 2 (0.5 mins)**

Although we have been discussing the love language in respect of our spouse, please note that it is equally applicable to our children and other family members as well.

Dr Gary Chapman has different books and Profile Tests for children and teenagers that you may want to check out for yourself. According to his books, for young children up to the age of 5, they still need and appreciate love in all the 5 languages. At this age, they usually have not clearly developed a particular dominant love language yet.

In conclusion, we hope you have found the 2 sessions on the Language of Love useful. Please note that this is not an exact mathematical formula. It is meant to be food for thought, for you to reflect and think about, and try out, as you journey to improve your spousal relationship.

We shall now leave you with an important point for you to remember and think about.

To fill up our Love Tank, other than the 5 love languages that we receive from our spouse, there is also another very important source of premium grade love that is above and more powerful than all these love languages that we have been discussing. One that is able to fill up our Love Tank super quick, that is able to last super long, and we can always depend on whenever we are low in our Love Tank.

Do you know what that is? It is God's love.

### **11 CLOSING PRAYER (0.5 mins)**

With that, let's now end with our closing prayer.

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## **SPECIAL SENSITIVITIES FOR THE 5 LANGUAGES OF LOVE**

### 1) Words of Affirmation

- Criticism
- Discouragement
- Complaints
- Praise of others
- Suggestions of change eg. Would you like to go running / go to the gym?
- Words of caution
- Qualified praise

### 2) Quality Time

- Distractions during time spent together eg. Blackberry, running errands, children, discussing work, etc
- No shared common activities that both spouses love
- Not enough time spent together away from everything
- Not enough time spent talking and understanding each other better
- Efforts not made to take time out to celebrate special occasions like birthdays, anniversaries etc.
- Promising to spend time together but not keeping the promise or delaying it

### 3) Receiving Gifts

- Gifts with conditions
- Gifts with restrictions
- Gifts which are not what he/she wants
- Gifts given after the actual day of celebration, eg. birthday or anniversary date
- Asking for permission to buy the gift later eg. Can "ortarng" or not?
- Questioning if a gift is still necessary eg. No need gifts / flowers already right?
- Promising a gift but not keeping the promise or delaying it

### 4) Acts of Service

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- Declining or rejecting of offers of service eg. Its ok, I can do myself.
- Taking the acts of service for granted
- Not appreciating the acts of service
- Trivializing the acts of service eg. Quite easy to do one right?
- Promising to do an act of service but not keeping the promise or delaying it

5) Physical Touch

- Shrugging off a touch
- Moving away from a touch
- Declining physical contact
- Aversion of physical contact
- Infrequent contact
- Promising physical contact or sexual intimacy but not keeping the promise or delaying it

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