



Mandala Enterprises

Relationship Coaching

Lovespeak: Making the Connection

Discovering and Using the Five Languages of Love

Based on the series of books by Gary Chapman, beginning with *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*, Northfield Publishing, 1992

Introduction

What are Love Languages?

We all hear and speak love in different ways

- According to author Gary Chapman, each person has one main way that they “hear” love from others. *The Five Love Languages* are (in no particular order):
 - Gifts
 - Quality Time
 - Words of Affirmation
 - Acts of Service
 - Physical Touch
- People often (but not always) express love to others through this same love language
- When we are listening for love in a particular way, and that isn’t met, abundance in every other way will still leave us feeling a lack

Why you’d want to know

Dawn & Akien’s story

Saving the best for last: A Valentine’s Day story

How it can make a difference to you

- Reduce wasted effort and frustration
- Reduces jealousy and can increase compersion
- Feeling more full, like you have more to give, more stamina for life’s challenges
- Help the transition from limerence/New Relationship Energy into long-term biochemical state

Finding out what your preferred Love Language is

Exercise: Brainstorming examples of different types

(More ways to find out on page 2...)

Some ways to tell

- Some people just know
- As yourself which can't you live without?
- What do you complain about most often?
- Imagine what you might most like to get for a birthday celebration
- Conversely, what might you be most drawn to give another for their birthday?
- Ask your partner(s) what they think your Love Languages are
- Observe what your partner does for you—chances are that's one of **their** Love Languages
- When jealous or upset, which language(s) do you/they tend to withdraw?
- Watch how you interact with your pets—do you give them treats? spend time with them?
- Consult the book(s)-- see pg. 1 for full information on the first one

Quick Quiz (last page)

Online resources

- <http://www.fivelovelanguages.com/>
- Article about the book, with short descriptions of the 5 styles:
<http://marriage.about.com/cs/communicationkeys/a/lovelanguage.htm>
- One of many quizzes (self-scoring on-line):
<http://selectsmart.com/FREE/select.php?client=5lovelanguages>

Subtypes and/or preferences

Many of the Love Languages seem to have subtypes, or areas where people can demonstrate marked preferences. A couple of these, we're pretty sure of (QT, and Touch). For the others, we're less sure. We're still looking for an overall pattern. One difference seems to be in "breadth vs. depth," or perhaps in the direction of focus or level of attention in expressing the Languages. Are they subtypes, or just preferences? What do you think?

Quality time

- Inward-facing only (focused attention on each other)
- Outward-facing (time spent together, but not necessarily focused on each other)

Physical touch

- Only sexual touch "counts"

- Any touch counts, sexual or non-sexual

Gifts

- Lots of little gifts vs. just the right gift
- Practical gifts, vs. Aesthetic gifts

Words

- Focused appreciation
- Flowery words, filled with beauty



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Distribution of Love Languages

The folks at SelectSmart.com also have a Love Languages poll, showing the results when folks *self-select* their own primary Love Language (e.g., it's not based on the results of the quiz, but on people's own initial choice, so results might be skewed). With a sample size of 598, the distribution is as follows:

- Physical touch – 29.1%
- Quality Time – 29.1%
- Gifts – 4.2%
- Acts of Service – 21.1%
- Words of Affirmation – 16.6%

Using the Love Languages

Love is the fuel for our lives—Keeping your “Love Tank(s)” full

- Secondary Love Languages can help keep your overall love tank full, but if your primary love tank is at a deficit, you still may not be happy
- A low need for a particular language doesn't mean NO need for it
- How having your primary love tank full can affect interactions with partners who don't share that primary Language

Speaking your partner's Love Language for fun and profit

- Do you or your partner speak one language, but hear another?
- Think about expressing their love language as a function of yours, e.g., giving Touch as an Act of Service, or giving the Gift of Quality Time
- “Translating” to help with learning a new Love Language
- How to ask to get each other's needs met

Expressing love in multiple languages at once

Many things one can do to express love actually combine two or more Love Languages at once. Here are a few ideas thought up during our research group. We'd be happy to hear other ideas about multilingual activities.

Cooking For Someone Else

- Act of Service
- Gift
- Creates a space for Quality Time at the dinner table

Cooking Together

- Quality Time
- Act of Service
- Can create time for Words

Sex

- Touch

- Quality Time
- Can also be Words, if you include them
- Possibly a gift (especially if specially arranged, with extra care put into the surroundings or circumstances)
- Can be an Act of Service

Tantra

- Quality Time
- Touch

Housework

- Acts of Service
- Quality Time (if done together, or creates more time for QT)

Massage

- Touch

- Quality Time
- Acts of Service

Exercising Together

- Quality Time
- Possibly touch (e.g., with dancing)
- Possibly Act of Service or Gifts (e.g., if it helps your partner feel supported in their fitness goals)

Acknowledgements Exercise

- Words of Affirmation
- Quality Time

Running errands together

- Acts of Service
- Quality Time

Using Love Languages with those other than our primary partner(s)

Poly Issues and Advantages

(Also relevant to large families, groups of friends, etc.)

- Each person is more likely to need to be multi-lingual
- Jealousy trigger: Seeing your primary love language spoken to your partner's other partner(s)
- More partners means more love languages spoken and therefore more likelihood of keeping everyone's love tank filled
- Can reduce pressure on primaries and therefore make it easier to speak your non-native language
- The myth of "my primary partner must be the one to fill my tank"
- Sometimes it's easier to hear your LL from a non-primary, because your primary is "just supposed to say/do that"
- Can set up a circle where each gives to the next
- Can help to deal with differing preferences in giving vs. receiving languages

Kids

- Not speaking their love language often results in kids acting out
- Kids will often tell you their love language if you pay close attention
- One extra way to figure out what their LL is, is to give children choices, e.g., "would you rather go fishing (QT), or play the I Like You Because game (Words)?"

In the workplace: "Relating Languages" with Employees, Bosses and Co-workers

- Look around your co-worker's work area to get clues to their style

<http://www.mandalaenterprises/handouts/LoveLanguages/LoveLanguages2006.doc>

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- Where possible, offer recognition and thanks in their Language

Words of Affirmation

- Thank you notes
- Public recognition (awards dinners, All-hands e-mails)
- Plaques
- Holiday cards

Touch

- Shake hands
- Pat on the back
- Ropes courses
- Gift Certificate for a massage

Quality Time

- Lunch
- Focused time listening to needs
- Time off

Acts of Service

- Offer to assist with projects
- Offer to get coffee or lunch for them

Gifts

- Plaques, pins, watches etc.
- Holiday and thank-you Gifts
- Raises, bonuses

Questions?

Quick Love Languages Quiz

(modified from <http://www.gfi.org/java/pdf/LoveLanguage.PDF>)

Rate how you feel about each sentence within each group by assigning a number from 1 to 5, with 5 representing what you MOST appreciate and makes you feel the MOST loved, and 1 representing what you LEAST appreciate. Sentences in each group should be ranked from 1 to 5 and each number must be used once. No repeating numbers with a group. When you are done, you can transfer your scores to the score sheet below. The column with the highest score is your primary Love Language. NOTE: It is possible to be "Multilingual," i.e., to have two that are the same, or very close together.

Group One

- A Your partner says, "You really did a great job on that. I appreciate it!"
- B Your partner unexpectedly does something in or around the house/your room that you appreciate.
- C Your partner brings you home a surprise treat from the store.
- D Your partner invites you to go on a leisurely walk just to chat.
- E Your partner makes a point to embrace and kiss you before leaving the house.

Group Two

- A Your partner tells you how much he or she appreciates you.
- B Your partner volunteers to do the dishes or wash your car, and encourages you to relax.
- C Your partner brings you flowers or brings you home a special food treat from the local bakery, just because s/he cares.
- D Your partner invites you to sit down and talk about your day.
- E Your partner gives you a hug even when you are just passing by room to room.

Group Three

- A Your partner, during a party, shares about a recent success you had.
- B Your partner cleans out your car.
- C Your partner surprises you with an unexpected gift.
- D Your partner surprises you with a special afternoon trip.
- E Your partner holds your hand as you walk through the mall or stands by your side with an arm around your shoulder at a public event.

Group Four

- A Your partner praises you about one of your special qualities.
- B Your partner brings you breakfast in bed.
- C Your partner surprises you with a membership to something you always wanted.
- D Your partner plans a special night out for the two of you.
- E Your partner takes you out dancing and holds you close all night.

Group Five

- A Your partner tells you how much his or her friends appreciate you.
- B Your partner takes the time to fill out the long complicated applications that you had hoped to get to this evening.
- C Your partner sends you something special through the mail.
- D Your partner kidnaps you for lunch and takes you to your favorite restaurant.
- E Your partner gives you a massage.

	(W)	(A)	(G)	(Q)	(T)
Group 1	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E
Group 2	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E
Group 3	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E
Group 4	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E
Group 5	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E
Totals	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E

