

How to Find and Recognize Your True Love. Module 2.

Lesson 13.

What's Your Love Language?

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You've explored intimacy, communication patterns, sensuality, and sexuality. Hopefully, you've been getting a clearer idea of what you want in your relationship.

Understanding what is important to you and your partner assists in selecting a partner who is compatible.

In this lesson you'll examine what others do or say that results in you feeling loved, cared for, and appreciated.

Which option would send your heart soaring?

- A small, unexpected gift
- A day in the park
- Holding hands in public
- Hearing, "I'm so proud of you"
- Picking up takeout when you're tired and stressed

How would you feel if what you really wanted was take-out after a taxing day and your partner said "I'm so proud of you?" Would the words mean as much? **If your partner knew you really wanted take-out, would they do it?**

Imagine spending an hour picking out what you think is the perfect gift and your partner gives you a quick hug, says "Thank you," and puts it on the table never to be picked up again. **If you knew your partner really wanted to go on a picnic in the park, would you do it?**

Each person has what Gary Chapman, the author of *The Five Love Languages*, calls a Love Language. This is what others say or do to and for you which leaves you feeling special and loved.

Why Love Languages Are Important

When you care about someone, you want them to feel special and loved. **Usually, people show their love in the way they want it shown to them.**

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You might feel special with a spontaneous gift because your partner was thinking of you, while your partner feels special when you give a wonderful back rub. When you give the gift rather than the back rub, it's not that your partner doesn't like the thought of the gift, it's that your partner feels more appreciated and loved with the back rub.

When you show your love in the way which is more meaningful to your partner, your partner feels closer and more understood. You become closer. The feeling of intimacy increases.

Not everyone feels special with the same acts or words of love.

The Love Languages

As you read about the five Love Languages, notice which one is most meaningful to you. Imagine your partner doing or saying what is listed and notice how you feel.

If you have a partner, see if you can figure out which is most meaningful to them.

These are the five Love Languages:

1. **Words of Affirmation.** These are uplifting and supportive comments. They can be verbal or written. Some affirmation examples are: "I love your smile," "I'm so proud of you," and, "I love and appreciate the way you _____."

 - Think of what you enjoy most about your partner. At the appropriate time, tell them one of those wonderful things. Many people forget to tell the one they love the things they appreciate about them.

2. **Time.** Time is a precious gift and one which has a definite limit. When someone asks to do things with you or simply to be with you, they are asking for your time.

 - Giving the gift of time takes planning. Carve time from your busy schedule to devote special time to your loved one.

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- Schedule short “time gifts” such as coming home early or chatting with them rather than being on your phone.
3. **Gifts.** Gifts don't have to be major purchases. If your partner enjoys chocolate, get their favorite chocolate. If you see a trinket which reminds you of them, give it to them and tell them why you got it.
- Keep a place in your planner or phone that is a list of possible gifts your partner has expressed an interest in.
 - If you like gifts, be sure to express what you enjoy.
4. **Acts of Service.** These are the little and big things you can do for someone.
- If your partner has had a tough day, grab dinner.
 - If they mention they forgot to get something, offer to pick it up.
 - Do one of their daily chores for them.
 - Bringing morning coffee or tea is often a much appreciated act of service.
5. **Physical Touch.** Physical touch includes touching such as a brief touch on the shoulder, holding hands while watching a movie, or cuddling.
- Making love is definitely touching. **But be aware that the one who enjoys touching doesn't always want to have sex.** They may want to just be held.

The Two Greatest Ways to Express Love

Knowing and using your partner's Love Language, and them using yours, is a powerful way to express love and enhance your relationship.

These next two things can be included in the Love Language and, in fact, are crucial to any healthy relationship:

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1. **Keep your commitments.** Do what you say you're going to do when you said you'd do it.
2. **Quit doing what you're asked not to do.** If your partner doesn't like something you do, listen to them.

When you keep your commitments and quit doing what your partner asks, you demonstrate love and respect.

When your partner keeps their commitments and stops doing what you ask, they are demonstrating love and respect.

If commitments aren't kept and unwelcome words or behavior do not stop, you have identified a significant challenge in your relationship. It's time for a frank discussion. You may need the support of a therapist or coach.

Summary and Reflection

Knowing your own Love Language and your partner's will add zest and intimacy to your relationship. Keeping commitments is important to any relationship.

In the next lesson, you'll explore how your and your partner's flexibility can be a sign of wonders to come or challenges to manage.

Here's What You Need To Do Today

Discover Your Love Language

Take 15 minutes and learn your Love Language. Go to <http://www.5lovelanguages.com> and fill out the survey. You can give them your contact information or simply download the PDF.