



The 5 Love Languages **How to Recognize and Use Them**

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"The Five Love Languages: How to Express Heartfelt Commitment to Your Mate" is a 1995 book written by Gary Chapman.

It outlines five ways to express and experience love that Chapman calls "love languages": receiving gifts, quality time, words of affirmation, acts of service (devotion), and physical touch.

Examples are given from his counseling practice, as well as questions to help determine one's own love languages.

According to Chapman's theory, each person has one primary and one secondary love language.



Chapman suggests that to discover another person's love language, one must observe the way they express love to others, and analyze what they complain about most often and what they request from their significant other most often.

He theorizes that people tend to naturally give love in the way that they prefer to receive love, and better communication between couples can be accomplished when one can demonstrate caring to the other person in the love language the recipient understands.



1. Words of affirmation

According to Dr. Chapman, this language uses words to affirm other people. For those who prefer the words of affirmation language, hearing "I love you" and other compliments are what they value the most. Words hold real value within this language.

Furthermore, negative or insulting comments cut deep — and won't be easily forgiven.

You feel most loved when he tells you, with sincerity, how much he loves you, how he misses you when you're apart, how much he appreciates you being there for him...



What if he is not comfortable saying these kind of words that make him seem vulnerable?

Find out how HE conveys love. Learn his love language and be open for his signs.

Use his love language whenever you can and let him know yours. If you are willing to be open and vulnerable he will feel less scared himself.



2. Quality time

This language is all about giving the other person your undivided attention.

Unlike the words of affirmation language, talk rings hollow, but being a loved one's main focus leaves quality-timers feeling satisfied and comforted.

Distractions, postponed dates, or the failure to listen can be especially hurtful to these individuals. Being there for them is crucial.



Do you feel most loved when he really, deeply listens to you? When he pays attention to you by spending precious time with you and focuses solely on you. When he makes you feel you are the most important person in his life...

Maybe playing princess, adored by all, was the game you loved most as a child.

Could you bring some fun into your relationship when you try to reenact a movie? Play Mr. and Mrs. Smith maybe? Go on a fancy date and pretend you don't know each other. Focus only on each other; be glamorous, feel on top of the world!



3. Receiving gifts

Dr. Chapman says for some people, what makes them feel most loved is to receive a tangible gift. This doesn't necessarily mean the person is materialistic, but a meaningful or thoughtful present it was makes them feel appreciated.

It's the thought that counts, right?
Well, sometimes that just doesn't seem to cut it for you. It doesn't have to be a fancy gift. You feel most loved when he thinks of you even with little gifts. Signs of appreciation for who you are and what you do.



These gifts certainly don't have to be expensive. A little note on the kitchen table, flowers on your birthday, an unexpected box of sweets would be enough. Just a little token of the special bond you share. Naturally, you don't mind the big gifts...

Let him know how much you appreciate these gestures. Praise him; he is your hero.



4. Acts of service

For these people, actions speak louder than words. People who speak the language of service want their partner to recognize that their life is rough and help them out in any way possible. Lending a helping hand shows you really care.

People who thrive on this language do not deal well with broken promises — or perceived laziness — and have very little tolerance for people who make more work for them.

Basically, if you're not willing to show your appreciation by doing them a favor, you're saying you don't value them.



You feel most loved when he actually helps you out. When he sees how much work you have to do and assists you, without you having to ask for it. When it is natural for him to pull his weight alongside you. Maybe he does the dishes when you cook or even cooks a meal for you! Maybe he vacuums the dog hair that accumulates on the stair before you need to nag him.

What if he just doesn't care about the mess? He's not lazy, but these things are just not as important to him.



Yours is a tough language. As every mother can tell you: gratitude for services rendered doesn't come with the job.

You might need to hammer in that your work is not "nothing" because it is not paid.

That it would cost a LOT if he had to employ a baby sitter, a teacher, a nurse, a chauffeur, a cook, a cleaning lady, etc.

Tell him that it is hurtful to be unappreciated and that you want him to be part of a team. Tell him exactly what you want and then show your sincere gratitude.



5. Physical touch

To this person, nothing speaks more deeply than appropriate touch. That doesn't mean only in the bedroom — everyday physical connections, like hand-holding, kissing, or any type of re-affirming physical contact is greatly appreciated.

A person who speaks the language of physical touch isn't necessarily an over-the-top PDA'er, but getting a little touchy-feely does make them feel safe and loved. Any instance of physical abuse is a total deal breaker.



Do you feel most loved when he shows affection by holding you, kissing you, hugging you and getting physical otherwise. In public? Even better! He shows the world how much he loves you...

Problem is, he might not know that! He doesn't know you are starving for warmth. The cuddles at the fireplace, walking the city hand-in-hand.

So you need to tell him! He likely will come on board once he notices that sex is getting better too...



One more thing...

Just because you or your partner favor a particular love language, doesn't mean you should stop expressing the other love languages.

According to Chapman, even though we tend to favor one language more than the others we still enjoy traits of the others as well.



So, what can you do to connect again to
the man you fell in love with?

You likely know your love language. Do
you know his?

Ask him to find out together!

Do the online assessment and start asking
yourself these questions:



What is most important to him as being part of a couple?

What does he want his wife to be?

What does he miss, after the first rush of new love has worn off?

He wants to have the love back as much as you do, but he doesn't know how.

Maybe you will be surprised to learn that he actually appreciates getting little gifts or craves attention focused on him instead of the children.



Then tell him what is hurting you.

Do so without assigning blame.
Make the famous “I feel...” statements.
Avoid “you never” or “you always”
statements.

Brainstorm what you could do to revive the
connection.

Use the following questions as
suggestions.



How was it when you were in love?
How did it feel when you couldn't get
enough of each other?
What did you do together that was fun?
What did you talk or dream about?
What do you find positive about your
spouse NOW?

What would you love to do with him going
forward? What would he like to do?

Make a list and share, and then take steps
to implement what you have worked out.



There is hope, and it IS possible to revive
your love and be happy again!

‘Soulmates aren’t found, they are created
through commitment, perseverance and
hard work’ (Kim Bowen)

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