

Each of us has different needs that signal changes in emotions. We all have a basic need for love, affection, and esteem. In *The five love languages*¹ Gary Chapman describes wonderfully the different ways in which people have their need for love met; the way we give and receive love.

1. Words of affirmation

You receive love through affirmation. For example, you like to be told that you look good, are competent at what you do, or have cooked a wonderful meal. "Wow! You are such a good cook, Mike. Your chilli crab was simply delicious, the best I've had in a long, long time." People who like words often like to be called a pet name. They do not necessarily need praise, but they do need absence of criticism. This is because affirmation people are particularly sensitive to tone and criticism. As kind words feel like love, harsh words and irritable tones feel like rejection.

2. Quality time

People who receive love through quality time are those who enjoy close, deep, intimate conversation. Quality time can also just be enjoying something together, such as; riding bikes, playing tennis, or simply just sharing the Sunday paper. Many women seek quality conversation and will respond with vigour to others who take the time to be active listeners. Equally, many men need time to talk and engage fully with their partner to feel loved.

3. Receiving gifts

Some people like to receive gifts as confirmation that they are loved. For example, a box of chocolates, a bunch of flowers, a holiday, or regular gifts of jewelry can meet a person's need for love. A husband being present at the birth of a couple's child can be regarded as a gift of his time, and will always be remembered.

4. Acts of service

Acts of service are one sure way to express your love for someone. Cooking dinner, cleaning the house, running errands, and ensuring your partner's need for creature comforts, are all examples of acts of service that signal love. It is the simple acts of consideration that are most meaningful, although if you do ask your partner to do a task for you (e.g., post the cheque, drive you to work), if the task is completed quickly and happily, that still signifies love. If you are an acts person and your partner is reluctant, or fails to do a task you have requested, you will feel unloved and a little resentful.

5. Physical touch

Giving and receiving love by physical touch includes hugs, body massages, back rubs, holding hands as you walk in the park, stroking, and sex, for intimate couples.

Chapman says that individuals typically have one **primary** and one **secondary** "love language" – be it *affirmations, quality time, gifts, acts of service, or physical touch*. For example, if you like to perform acts of service for people, it is highly likely that your primary way of receiving love is through acts of service. If you don't know which one of the five ways to give and receive love is your most preferred, ask yourself, "What have I most often requested of my partner?" That will most likely be your primary "love language" – the way you most like to receive love.

Communicate your need to your partner and others so that they can meet your need for love. But remember, the way you give love to others is typically the way *you* like to receive love, which means the way that *you* give love is not necessarily the way your partner receives love.

1. In order for your partner to feel loved, you need to love according to *his or her* needs, not your own.
2. Not knowing what *your* partner's **primary and secondary "love language"** is can be a major reason why your relationship is experiencing difficulties.

You need to "speak" your partner's love language when telling him you love him, otherwise your expression of love falls on deaf ears. Many couples with whom we have shared these ways of giving and receiving love in our clinical counseling practice have been amazed at how reflective of their needs the "love languages" are.

And yet, these five "love languages" can also be A TRAP*. You may think you are doing everything right to love your partner, and yet you've become "trapped" in a way of giving love that does not meet your partner's need at all! If you are not giving love to your partner according to his or her needs, you may end up APART.*

One male client recoiled in a counseling session when first being made aware of the ways to give and receive love. "I thought I was doing everything right. Now I discover that I've been doing it wrong for the last 15 years!", he said. He had fallen into the trap of thinking his way of loving his wife met her need **without ever asking her** how she liked to receive love. They had come to counselling because they had grown 'apart' – it turned out they were not giving and receiving love according to their individual need for love.

Why not work out your own and your partner's primary *love language* today? And find a way to remember it – whatever works best for you. The following two acronyms may help:

A TRAP *

Affirmations
Time Together
Receiving Gifts
Acts of Service
Physical Touch

APART *

Affirmations
Physical Touch
Acts of Service
Receiving Gifts
Time Together

To provide you the experience of learning about your own and your partner's love languages, you have the opportunity to complete the Relationship Class Love Languages Profiler (LLP). The LLP has been designed to help you determine the opportunities you have to demonstrate to your partner how you like to receive love or be loved by him or her to have your need for love fulfilled.

It consists of 20 questions which are answered on an anchored rating scale where:

1 =Almost Never; 2 = Seldom; 3 = Sometimes; 4 = Usually; 5 = Almost Always.

There are no right or wrong responses to the questions. The key to completing it accurately is to consider (each time you read one statement) "how much is this like me?" Do not base your answers on how often your partner currently displays the behavior in question. **BUT ON how much you want him or her to display the behavior.**

Please cross/shade one circle in each line to represent how strongly you believe you believe the behavior in question meets your need for love. If you make a mistake, simply cross it out and cross/shade your correct response. The questions begin on the next page.

PART A: YOUR LOVE LANGUAGE

Answer key:

1. = Almost Never Like Me
2. = Seldom Like Me
3. = Sometimes Like Me
4. = Usually Like Me
5. = Almost Always Like Me

Love Languages Codes:

- | | |
|-----|-----------------------|
| WOA | Words of Affirmation |
| QTT | Quality Time Together |
| RGS | Receiving Gifts |
| AOS | Acts of Service |
| PHT | Physical Touch |

To feel loved constantly by my partner, he or she must...					
1. You appreciated getting a compliment and graciously accept it by saying, Thank you.	①	②	③	④	⑤
2. You are sensitive to your partner's tone when he or she is irritable and often tell him or her how much it affects you.	①	②	③	④	⑤
3. You sometimes don't believe the quality of your own work until someone tells you what a good job you've done.	①	②	③	④	⑤
4. If someone criticizes you or something you've done (or not done) it feels like a dagger in your heart. In other words, it really hurts, even if you know it's true.	①	②	③	④	⑤
Total (WOA)					
5. You enjoy going for a walk together as it usually gives opportunity for a good chat.	①	②	③	④	⑤
6. You enjoy having conversations with your partner about your plans or ideas, even if they don't come to fruition.	①	②	③	④	⑤
7. You appreciate when your partner accompanies you to a function that you know he or she is not really interested in.	①	②	③	④	⑤
8. You enjoy doing chores together (eg shopping, visiting the nursery, cooking).	①	②	③	④	⑤
Total (QTT)					
9. You always wear your wedding ring, and feel troubled if one day you forget to wear it.	①	②	③	④	⑤
10. You have paintings on your wall and fridge that your children have drawn and given you.	①	②	③	④	⑤
11. It was important to you (or will it be) to have your partner present when you give birth. (If you are a man – you were or you intend to be at the birth of your child).	①	②	③	④	⑤
12. You receive an expensive gift from you partner and it leaves you feeling loved and cherished.	①	②	③	④	⑤
Total (RGS)					
13. If the bathroom needs cleaning you wait to see how long before your partner will do it for you.	①	②	③	④	⑤
14. You love it when your partner drives to collect you from work or the train station.	①	②	③	④	⑤
15. You become annoyed when your partner gets home before you and doesn't start cooking dinner.	①	②	③	④	⑤
16. You become irritated if you have to ask more than once for your partner to do a household chore (e.g. mow the lawn or hang out the laundry).	①	②	③	④	⑤
Total (AOS)					
17. You feel comforted when your partner holds you when you are crying.	①	②	③	④	⑤
18. You feel insecure if your partner does not kiss you goodbye when he or she leaves for the day.	①	②	③	④	⑤
19. You like to snuggle on the couch while watching a movie together on TV.	①	②	③	④	⑤
20. You enjoy sex and prefer to fall asleep when you can feel your partner close by (legs linked or arm on shoulder).	①	②	③	④	⑤
Total (PHT)					

PART B: YOUR PARTNER'S LOVE LANGUAGE – Complete what you think your partner's Love Language is...

Answer key:

1. = Almost Never Like Me
2. = Seldom Like Me
3. = Sometimes Like Me
4. = Usually Like Me
5. = Almost Always Like Me

Love Languages Codes:

- | | |
|-----|-----------------------|
| WOA | Words of Affirmation |
| QTT | Quality Time Together |
| RGS | Receiving Gifts |
| AOS | Acts of Service |
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For my partner to feel loved constantly he or she must...					
1. You appreciated getting a compliment and graciously accept it by saying, Thank you.	①	②	③	④	⑤
2. You are sensitive to your partner's tone when he or she is irritable and often tell him or her how much it affects you.	①	②	③	④	⑤
3. You sometimes don't believe the quality of your own work until someone tells you what a good job you've done.	①	②	③	④	⑤
4. If someone criticizes you or something you've done (or not done) it feels like a dagger in your heart. In other words, it really hurts, even if you know it's true.	①	②	③	④	⑤
Total (WOA)					
5. You enjoy going for a walk together as it usually gives opportunity for a good chat.	①	②	③	④	⑤
6. You enjoy having conversations with your partner about your plans or ideas, even if they don't come to fruition.	①	②	③	④	⑤
7. You appreciate when your partner accompanies you to a function that you know he or she is not really interested in.	①	②	③	④	⑤
8. You enjoy doing chores together (eg shopping, visiting the nursery, cooking).	①	②	③	④	⑤
Total (QTT)					
9. You always wear your wedding ring, and feel troubled if one day you forget to wear it.	①	②	③	④	⑤
10. You have paintings on your wall and fridge that your children have drawn and given you.	①	②	③	④	⑤
11. It was important to you (or will it be) to have your partner present when you give birth. (If you are a man – you were or you intend to be at the birth of your child).	①	②	③	④	⑤
12. You receive an expensive gift from you partner and it leaves you feeling loved and cherished.	①	②	③	④	⑤
Total (RGS)					
13. If the bathroom needs cleaning you wait to see how long before your partner will do it for you.	①	②	③	④	⑤
14. You love it when your partner drives to collect you from work or the train station.	①	②	③	④	⑤
15. You become annoyed when your partner gets home before you and doesn't start cooking dinner.	①	②	③	④	⑤
16. You become irritated if you have to ask more than once for your partner to do a household chore (e.g. mow the lawn or hang out the laundry).	①	②	③	④	⑤
Total (AOS)					
17. You feel comforted when your partner holds you when you are crying.	①	②	③	④	⑤
18. You feel insecure if your partner does not kiss you goodbye when he or she leaves for the day.	①	②	③	④	⑤
19. You like to snuggle on the couch while watching a movie together on TV.	①	②	③	④	⑤
20. You enjoy sex and prefer to fall asleep when you can feel your partner close by (legs linked or arm on shoulder).	①	②	③	④	⑤
Total (PHT)					

Love Languages Practice – To be completed post-quiz

What are the five love languages? In the appropriate column below, write a short personal definition for each of the five love languages and provide two specific examples outlining how the specific love language relates to your need for love. Finally, identify which of the five love languages is most related to you performing your role successfully in your relationship and why.

Love Language	Personal Definition	Importance to my relationship
Words of Affirmation		1.
		2.
Quality Time Together		1.
		2.
Receiving Gifts		1.
		2.
Acts of Service		1.
		2.
Physical Touch		1
		2
The most important love language related to my relationship success and why, is ...		

Now ask your partner to complete this *Love Languages Profile* both for his or her love language and what he or she believes your love languages are.

Compare your respective assessments and find the ways each of you wants to receive love and the ways to give love.

¹ Adapted from Chapman, G. (2000) *The five love languages. How to express heartfelt commitment to your mate*. Strand Publishing, Sydney.