How to communicate love to your spouse in their “Love Language”

A love language expresses how we feel love. We all have a primary and a secondary love language. They are as follows:

*The Five Love Languages by Gary Chapman*

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

**How to discover your Primary Love Language?**

1) What does your spouse do or fail to do that hurts you most deeply? The opposite of what hurts you most is probably your love language.

2) What you most often requested of your spouse? The thing you have most often requested is likely the thing that would make you feel most loved.

3) In what way do you regularly express love to your spouse? Your method of expressing love may be an indication that would also make you feel loved. (Basically, we show love to our spouse in the way we want to be loved)

**Words of Affirmation**

Simple statements, such as, “You look great in that suit,” or “That meal you fixed was great.” I love your oatmeal cookies,” are sometimes all a person needs to hear to feel loved.

Aside from verbal compliments, another way to communicate through “Words of Affirmation” is to offer encouragement. Here are some examples: reinforcing a difficult decision; recognizing progress made on a current project; acknowledging a person’s unique perspective on an important topic. If a loved one listens for “Words of Affirmation,” encouraging words will help him or her to overcome insecurities and develop greater confidence.

**Quality Time**

Quality time is more than just being in the area. It’s about focusing all your energy on your mate. A husband watching sports while talking to his wife is NOT quality time. Unless all of your attention is focused on your mate, even an intimate dinner for two can come and go without a minute of quality time being shared.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context. A good spouse will not only listen, but offer advice and respond to assure their mate they are truly listening. Keep in mind
that sometimes your spouse does not need a problem solver, but just a listening ear. Quality activities are a very important part of quality time. Many spouses feel most loved when they spend physical time together, doing activities that they love to do.

**Receiving Gifts**

A spouse who responds well to physical symbols of love usually have this love language as their primary. If you speak this love language, you are more likely to treasure any gift as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love from their mate. If you want to become an effective gift giver, many mates will have to learn to change their attitude about money. If a saver, a person who is used to investing and saving their money may have a tough time adjusting to the concept of spending money as an expression of love. These people must understand that you are investing the money not in gifts, but in deepening your relationship with your mate.

**Acts of Service**

Simple chores around the house can be an expression of love. Even simple things like laundry and taking out the trash require some form of planning, time, effort, and energy. It is important to do these acts of service out of love and not obligation. A mate who does chores and helps out around the house out of guilt or fear will inevitably not be speaking a language of love, but a language of resentment. It’s important to perform these acts out of the kindness of your heart. Demonstrating the acts of service can mean stepping out of the stereotypes roles (woman cleans inside the house and men take care of the outside of the house). Humility and sacrifice are the keys in this love language. However, these little sacrifices will mean the world to your mate, and will ensure a happy relationship.

**Physical Touch**

Spouses who feel love most when they receive physical contact from their partner have this language as their primary love language. For the spouse who speaks this love language loudly, physical touch can make or break the relationship. Spouses feel sexual intercourse makes them feel secure and loved in a marriage. However, it is only one method of physical touch.

It is important to learn how your mate speaks the physical touch language. Take the time to learn the touches your mate likes. They can be big acts, such as back massages or lovemaking, or little acts such as touches on the cheek or a hand on the shoulder. It’s important to learn how your mate responds to touch.

All marriages will experience peaks and valleys. During these valleys, physical touch is very important. Sometimes a hug can communicate an immense amount of love for that person. It is important to remember that this love language is different for everyone. What type of touch makes you feel secure is not necessarily what will make your partner happy. That way you can make the most of your hugging, kissing, and other physical contacts.

To determine what your primary love language is please go to [http://www.5lovelanguages.com/profile/] and take the test.

**Other resources:** *The Five Love Languages* by Gary Chapman