

THE FIVE LANGUAGES OF LOVE



THE COACHING MASTERS

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THE FIVE LANGUAGES OF LOVE (Dr. Gary Chapman)

After thirty years of counseling couples, families and entrepreneurs, the anthropologist and author of the book has become convinced that there are five basic languages through which love is expressed and understood. Every human being is born with a way of identifying, giving and receiving love. We will call this "language" and the different ways of expressing it "dialects".

Trying to express love in your own language to someone who has another is like making a statement in Hebrew to someone who only speaks German. The first step is to identify your language, and then that of your spouse, friend, collaborator... With this it will be possible both to express love in a way that the person feels loved and also to take your spouse, employee, friend... to the perception of which language makes you effectively receive your expression of love.

At five languages are :

1. WORDS OF AFFIRMATION

These are sentences expressed in: compliments such as "dinner was great", "I think you do it very well", and incentives such as "everything will be ok".

2. QUALITY TIME

It is the dedication of an exclusive time, albeit small. The expressions or dialects can be: quality conversations, walks, watching TV together, etc.

3. RECEIVING GIFTS

What matters least is the financial value. It can be: picking a flower, buying a pizza, giving a jewel, a candy.

4. ACTS OF SERVICE

Here, what you do speaks louder than any words. Dialects: washing the dishes, fixing the lock, taking out the trash, offering to help with a task, etc.

5. PHYSICAL TOUCH

What matters is knowing when, how, and where to touch the person. Examples: kisses, hugs, elbow nudges, placing a hand on the shoulder, sexual relations, etc.

Everyone has a primary language, and even if you say "I love you" in the other four languages, your spouse, friend, or colleague will still feel only indifference from you. The important thing is to consistently use the correct language and improve in understanding all the ways, or dialects, through which your expression is most effectively understood. Try it: love is amazing, and the results are even more so.

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DISCOVER YOUR PRIMARY LOVE LANGUAGE

First, define whether the channel to be discovered will be for the character: Spouse, boyfriend, boss or colleague.

What your (to define the character) does, or fails to do, what hurts him/her the most? The opposite of this is probably your love language.

What do you most request from your (define the character)? What you ask for the most from him is probably what makes you feel most loved.

What is the most common way you express love to your (define the character)? This may be an indication that, through it, you would also feel loved.

What kind of (define the character) would be best for me? If it was possible to have a perfect (define the character), what would it be like? The image you project of the ideal person can give you some clue as to what your first love language is.

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TANK CHECK

Play a game called “Tank Check” three times a week. Have fun as follows: When you get home, ask each other:

On a scale of zero to ten, how is your “love tank” tonight?

What will I do to help fill it?