

THE FIVE LOVE LANGUAGES

by Kirsty O'Callaghan

“The Five Love Languages, How to express heartfelt commitment to your mate”, is a book written by Gary Chapman. It is an amazing book which provides an insight into ourselves and others, and how we perceive genuine love should be expressed to us. As the book points out, if it is not expressed in our way it is often not validated or given importance, which can create communication breakdowns that may lead to unhappiness.

Being able to understand our own ‘love language’ as well as our partner’s, children, family members’ or close others’, gives us the ability to communicate what is important to us and why, and also for us to give in a way that is important to whoever you wish to show your love and appreciation to.

Gary Chapman has defined love language into five specific areas:

- **Quality Time.** This language is spoken by giving someone your undivided attention. Focusing on that person to give them time and do things with them. The central aspect of quality time is togetherness. When in conversation, during quality time, it is done with a genuine desire to understand the thoughts, feelings and desires behind the words being spoken.
- **Words of Affirmation.** This language is spoken by using words that build up someone. Verbally affirming a person has tremendous power. Compliments or words of appreciation are powerful communicators of love. They are best expressed in simple, straight forward statements. Words of affirmation also inspire courage in others which can reduce the feelings of insecurity and unmet potential. When we communicate love we must use kind words. Love makes requests, not demands. Words are important.
- **Gifts.** A gift to someone who speaks this language tells them that you were thinking of them, value them and are symbols of the love you have for them. Symbols have emotional value. To the individual whose primary love language is receiving gifts, the cost will matter little. The gift of self is also very valid; being there when someone needs you speaks loudly to them of your love.
- **Acts of Service.** This language is spoken in doing things you know someone would like you to do. You please them by being of service and helpful. These actions and tasks are done with a positive spirit. Listen to the requests of the person you would like to express love to in ‘their language’ and appropriately select tasks to be done and do without prompting.

- **Physical Touch.** Physical touch is a powerful communicator for expressing love. Without loving touch, for those who have this language, a person feels unloved and empty. To be held when upset or feeling vulnerable or during a time of crisis is very important to those who speak this language. To touch a part of the body just while sitting or holding hands while walking, even running your hands through their hair is an emotional lifeline for these people.

When we are aware what language we need ‘spoken’ to us, and what the other person’s language is that they need ‘spoken’ to them, we can create an environment where we feel an adequate supply of affection so our emotional wellbeing is stable. We can avoid situations where a person may feel unworthy, taken for granted, unloved or misunderstood.

An excerpt from the book, *The Five Love Languages*:

“Love is a choice...We are creatures of choice...That means that we have the capacity to make poor choices, which all of us have done. Poor choices in the past don’t mean that we must make them in the future. Instead we can say, I’m sorry. I know I have hurt you, but I would like to make the future different. I would like to love you in your language. I would like to meet your needs.

I have seen marriages rescued from the brink of divorce when couples make the choice to love.

When we choose active expressions of love in the primary love language of our spouse, we create an emotional climate where we can deal with our past conflicts and failures.”

Discovering your primary Love Language.

To start to discover your love language, you can ask yourself the question:

- I feel most loved by my partner when...

This may give insights as to how you best like receiving love and feel emotionally validated.

You can also go to Gary Chapman’s website and do the quick quiz he has there to establish your love language.

- www.fivelovelanguages.com

You may also like to do the quiz featured in his book, if you have it.

Once you have discovered how love languages work you can go about reviving your relationship, reconnecting with your children, or enjoying your family and friends in a more meaningful way. When the emotional need for

love is met, it creates a climate where the people can deal with the rest of life in a much more productive manner.

This is one way that you may find helpful to you to not only have your emotional needs met, but meet the emotional needs of others close and important to you.



Author Profile: Kirsty O'Callaghan is the Proprietor of Unity-Qld. Kirsty specialises in assisting and guiding working parents to create a stronger connection with their children and satisfaction in their parenting role. The techniques and strategies Kirsty uses focus on a holistic and individual basis; knowing we are all capable of greatness, with the right knowledge, tools and support.

Website: www.unity-qld.com.au.

Phone: +61 7 3482 4295

Business: Unity-Qld

Disclaimer: Statements and opinions expressed in this article, reviews and other materials herein are those of the author. While every care has been taken in the compilation of this information and every attempt made to present up-to-date and accurate information, we cannot guarantee that inaccuracies will not occur. Unity-Qld and Kirsty O'Callaghan will not be held responsible for any claim, loss, damage or inconvenience caused as a result of any information within these pages or any information accessed through this site.