

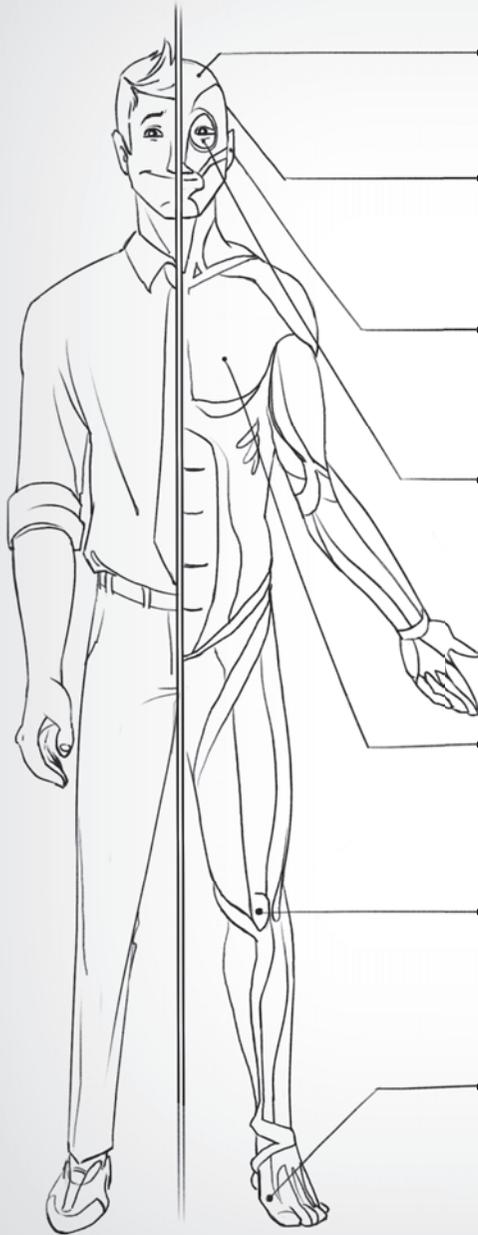
THE *5 love*
LANGUAGES[®]
FOR MEN

Tools for Making a Good Relationship Great

Gary Chapman

with Randy Southern

EQUIPPED FOR SUCCESS



SHORT MEMORY

Not everything you try is going to work. In fact, your learning curve may be pretty steep. Keep in mind that whatever failure happened yesterday stays there. Today is a new day.

CREATIVITY

No idea is too off-the-wall or unconventional if it makes your wife feel truly loved. Thinking outside the box is highly encouraged.

LISTENING TO GOOD ADVICE

Don't miss opportunities to pick the brains of people whose relationships you admire. Press your role models for their secrets. See if there are any that will work for you and your wife.

VISION

The ability to spot new opportunities to show love to your wife—and to recognize whether old strategies are working—is key to becoming bilingual.

ENDURANCE

Mastering a new love language is a marathon, not a sprint. You'll get tired, discouraged, and frustrated along the way. Press on. And when you think you've got the language mastered, keep going. Keep learning. Keep trying new things. Keep finding new ways to make your wife feel loved.

PRAYER

You may not be a religious man, but when it comes to your relationship with your wife, you need all the help you can get. Don't be afraid to ask God for wisdom in how to effectively meet your wife's need for love.

FIRM STANCE

Nothing is more important than your relationship with your wife. Protecting and perfecting that relationship is Job One. Hold tight to that mindset and you'll set yourself up nicely for eventual success.

WORDS OF AFFIRMATION PHRASE BOOK

With dedication and practice, you can become fluent in words of affirmation. Along the way, you may need some assistance—ideas to use when you're unable to come up with one of your own. Here are some suggestions for just such an occasion.

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- Don't just say, "You look good." Say, "That's a nice color on you" or "I like your hair that way." **Compliment a different physical feature** each day this week.
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- **Make a habit of mentioning something specific you've observed** that has to do with who she is. Examples: "I meant to tell you, I really loved how you talked with that elderly woman after church." Or, "I enjoy taking walks with you. You always point out interesting things."
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- Initiate conversations to encourage her to share her inner dreams and desires. **Begin a campaign of verbal affirmation to inspire courage** for her to take steps to make those dreams come true.
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- Add your own observations that might **help your wife identify her skills and strengths**. For example, "I've never heard you express an interest in teaching, but from the way you handle the kids, I think you would make a terrific teacher."
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- If you're artistic, **create a poster or print with her name in the center** surrounded by descriptive words, phrases, and special names you have for her. If you're not so artistic, use old magazines and newspapers to cut and paste ransom-note-like messages of affirmation for her.
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- **Create a playlist for your wife**. You can be the DJ, explaining why you included each song.

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- **Send her an encouraging email**, particularly if you know she might be having a hard day. Put in a link to an amusing website.
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- Think of every recent argument or problem the two of you have had and **try to clear the air**.
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- Learn how to **say “I love you” or other expressions of affirmation in a different language**.
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- **Thank her for something she does routinely** and probably doesn't even expect to be complimented for.
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QUALITY TIME PHRASE BOOK

Congratulations on learning to speak the love language of quality time! Certainly no one can be expected to master a new way of communicating overnight. For those times when you can't come up with the right idea, here are a few to consider.

- Respect the “early bird” or “night owl” tendencies of your wife. **Plan your quality times according to her schedule.** Set your alarm earlier or drink coffee to stay up later—whatever it takes for her to feel your time together is special.
- **Sacrifice something you love to create time to share with her:** give up a Saturday-morning golf game, drop out of the church basketball league for a season, skip a nonessential business commitment. Doing this will send a powerful message that she matters more than these things.
- **Make lists of “Our Top 10 Moments Together as a Couple.”** When you finish, compare your lists to see how many of your favorite memories overlap.
- Many men need to “unlearn” inattentiveness. **If you find it hard to devote full attention to any single thing, practice by listening** to your kids when they're extra chatty, paying close attention to the Sunday sermon from beginning to end, or listening to music without allowing your mind to wander.
- Some couples are together a lot more than others. If that's the case for you, don't try to make all your time together “quality time.” **Designate specific times and places for planned togetherness.**
- If your wife is the one who's usually pressed for time, perhaps you can **occasionally do one (or more) of her dreaded, time-consuming chores.** Pay the bills, run the errands, put the kids to bed—and free her up for some quality time.
- **Find an activity you like to do that complements something your wife enjoys** so that you can spend more time together. If she likes to go to

the gym and you like to play computer games, you get little quality time together. But if you're willing to go to the gym with her or to take up something new you can do together—such as geo-caching or gourmet cooking—you'll add a new dimension to your relationship.

- If you're a couple who have moved beyond the newlywed stage, it's likely that much of your time—and conversation—is focused on life's mechanics: When does the dog go to the vet? Where's the window spray? How much should you pay for a new garbage disposal? Try monitoring your conversations in order to **make sure all your time and talk isn't swallowed up by your to-do list.**

- **Surprise her with two tickets to a movie** you know she would particularly enjoy. Afterward take her to dinner and ask her to share her review of the movie.

- If you're in the habit of praying as a couple, add a little additional time for togetherness. **While you're spending quality time with God, spend quality time with each other.**

- If your schedules permit, look for opportunities to take a “snow day” or “summer vacation day.” **Forget what you had planned and do something—anything—spontaneous.**

- **Take turns selecting books to read.** Designate pages or chapters to read individually on your own time, and then discuss the content during your quality time together. Or read aloud to each other.

- Car trips tend to promote conversation between couples, so **take a long drive.** You might travel to a favorite restaurant two or three hours away, have lunch, and then drive back.

- If you run out of things to say, **learn to enjoy silence together.** Set a timer and agree not to say anything as you watch a sunset or walk through the woods.

- You have to do chores anyway, so why not make them a time for quality conversation? **Share tasks like cleaning house, and talk** as you dust, mop, and put things away.

GIFT GIVING PHRASE BOOK

No one can be expected to master the love language of gift giving overnight. If you need a gift idea—and need it fast—try one of the following tried-and-true suggestions:

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- The Twelve Days of Christmas are already established. But how about **twelve days of gifts** for your wedding anniversary, your wife's birthday, Mother's Day, or some other special occasion?
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- Photos are inexpensive gifts that become more cherished as time passes. They can be even more special if you collect them for a while and then **present your wife with photo records** of the growth of your child, the life of your pet, the seasons of her flower garden, and more.
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- Consider some good **"now and later" gifts**. For example, a bird feeder, a needlepoint kit, or seeds for a vegetable garden will yield rewards for a long time to come.
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- Give your wife **"the gift of a day."** Sometime when you know she's free, take a day off and let her call all the shots for what she wants to do. (Or give her the entire day to herself.)
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- Keep an eye open for **spontaneous, unexpected gifts**—from street flower vendors, roadside fruit or crafts dealers, or a favorite ice-cream shop on a hot day. Make sure they're all things she would appreciate.
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- If she loves **gift shops or housewares stores**, let her browse without your grousing or getting restless.
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- If she has a favorite game show or reality program, think of ways you might provide a personalized version just for her. If she loves home-design shows, for example, give her a budget and help from a friend, and let her **redesign one of the rooms** in your house.
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- If you have an artistic bent, **create a rendering of her** in charcoal, watercolors, oils, clay, or some other medium.

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- When she is approaching a milestone event (special birthday, anniversary), notify old friends of hers whom she hasn't heard from in a while. Request **simple, heartfelt gifts** (poems, bookmarks, prayers) for the special day. Keep them a secret until you present them to her at her big birthday bash.

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- **Have a star registered** in your wife's name.

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- **Buy stock in a company** your wife supports and let her follow the financial ups and downs over a period of time.

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- **Give handmade coupons** for "services" your wife regularly requests, such as car washes, specific errands, and back rubs. Make sure to honor all coupons in a timely and cheerful manner.

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- When money is tight, think of **appropriate symbolic gifts**. For example, instead of plane tickets, you might take your wife on a "flight of fancy" to daydream about what you would be doing together if money were no object. Or dig out videos of past vacations and relive special moments without leaving the comfort of your home.

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- Offer your "**gift of presence**" during an especially hard time in her life—perhaps when she's visiting a very sick friend, caring for an elderly parent, or dealing with a job crisis.

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- When your wife is away on a business trip, church retreat, or weekend getaway with her best friend, **hide a gift in her luggage**. Or arrange to have something delivered to her hotel room.

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- **Add to the anticipation** of a big gift by offering vague clues as to what it is—perhaps in the form of jigsaw puzzle pieces that eventually create a picture of the gift.

ACTS OF SERVICE PHRASE BOOK

You've committed yourself to becoming fluent in acts of service so that you can express love to your wife. Good for you. As a nonnative speaker, you'll find there are times when you're stuck for inspiration. Here are some ideas to get you unstuck.

- Many men know of a chore (or chores) that their wife has already given up hope of ever seeing done. **Surprise her—and get the job done.**

- **If she asks you to do something, do it.** Don't make her repeat herself.

- Plan to get up a half hour earlier (or stay up a half hour later) each day for a week, and use that time to **plan and perform acts of service for your wife.**

- **Think of something she would never expect.** Take the dog to the groomer, reorganize the basement to make room for her home business files, clean out the pantry and kitchen cabinets.

- **Make dinner.** Really cook it, and don't forget the vegetables. Then clean up, and don't forget to wipe the stove.

- **Take your wife “shopping” in the Yellow Pages or online.** Let her pick out a needed service, whether it's gutter cleaning, painting, or carpet steaming.

- **Think of your wife's most frequent complaints,** and go overboard in preventing them again in the near future.

- **Make yourself accessible to her in times of extended grief** (such as the death of a parent or pet). Supporting her during tough times can be a great act of service.

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- Don't always announce what you do for your wife. Occasionally **perform a covert act of service without saying anything**, and see how long it takes her to notice.
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- If your wife always seems rushed in the mornings, **find a way to give her a few more minutes**. Take an earlier (or later) shift in the bathroom. Pack the kids' lunches. Get the coffee ready.
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- **Make a list of the skills and abilities your friends possess**. Which ones can you call on to perform an act of service for your wife that you're incapable of doing?
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- If your wife enjoys what you do for her so much that she wants to get in on the fun, **work together to perform acts of service** for other people you know. (Before you know it, you'll find that you are spending quality time together while you plan.)
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- **Consider how you might serve someone** (or something) your wife loves, whether it's a friend, a family member, a fellow churchgoer, or a favorite cause.
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- **Run interference for your wife** during one of her favorite TV shows. Take care of all the phone calls, kid emergencies, and so on.
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- If you know of other men reading this book, exchange ideas with them to **come up with new, workable relationship strategies**.

PHYSICAL TOUCH PHRASE BOOK

Think of this as a starter's kit—or an emergency resource—for communicating in the love language of physical touch. If you're stuck for an idea of how to show tactile love to your wife, try one of these suggestions:

- **Make touching your wife a normal part of your routine.** Run your fingers through her hair while she's reading. Touch her shoulder as she works in the kitchen. Even the smallest acts can build intimacy over time.

- **Make a point of hugging and kissing your wife** when you say goodbye in the morning, when you come home in the evening, and before you go to bed at night. It's easy to let these rituals slide, particularly when you've been married for a while.

- Change your usual patterns and routines to **encourage more physical contact between you and your wife.** If each of you has a special chair, move them to within arm's length of each other. Switch sides of the bed. The awkwardness of the new arrangement is likely to lead to unexpected touching opportunities.

- If the two of you normally sit across from each other in a restaurant, next time get a booth and **sit side by side.** If you usually sit side by side, next time sit across from each other and engage in a little foot play under the table.

- Set aside an evening for some touch experiments to **determine where your wife most likes to be touched.** As you move from spot to spot, ask her to give you a thumbs-up, a thumbs-down, or an indifferent thumb sideways to indicate her reaction. Make a mental note of the spots that get a thumbs-up.

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- Check out websites, DVDs, and books that teach **various techniques of body massage**. Experiment to see which methods your wife enjoys most.
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- Think back to your early dates and **recall the thrill of physical touch** that perhaps you now take for granted. The next time you're alone with your wife, try to rekindle some of that original excitement.
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- The next time you shop for your wife, **look for things that will appeal to her tactile nature**—things that are pleasant to touch, such as a cashmere sweater, a plush throw pillow, or warm, fuzzy slippers.
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- The next time she's sick, remember **the healing power of touch**. When her head hurts, offer to rub her neck and temples. When she's suffering from a cold or flu, frequently rub her forehead.
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- If you have kids, train them to show love for Mom through physical touch. Make it a tradition in your household for the family to hold hands during prayer. **Encourage your children to be generous with their hugs**. The more often you model physically affirming behavior toward your wife, the more likely it is your kids will follow your example.
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- For a designated period of time, **communicate with your wife using only physical touch**. Don't say anything as you shower her with physical attention.
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- When she's facing away from you in bed, **write short messages on her back** and see if she can tell what you're writing. (FYI: "I adore you" will get a much better reaction than "Time to vacuum.")





*The 5 Love Languages[®] Profile for Couples—*for Him**

The 5 Love Languages[®] Profile will give you and your spouse or significant other a thorough analysis of your emotional communication preference. It will single out your primary love language, what it means, and how you can use it to connect with your loved one with intimacy and fulfillment. Two profiles are included so that each of you can complete the assessment.

You will now see 30 paired statements. Please select the statement that best defines what is most meaningful to you in your relationship as a couple. Both statements may or may not sound like they fit your situation, but please choose the statement that captures the essence of what is most meaningful to you the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Then tally your results and learn how to interpret your profile on page 184.

It's more meaningful to me when . . .

1 I receive a loving note/text/email for no special reason from my loved one. A

she and I hug. E

2 I can spend alone time with her—just the two of us. B

she does something practical to help me out. D

3 she gives me a little gift as a token of our love for each other. C

I get to spend uninterrupted leisure time with her. B

4 she unexpectedly does something for me like filling my car or doing the laundry. D

she and I touch. E

5 she puts her arm around me when we're in public. E

she surprises me with a gift. C

6 I'm around her, even if we're not really doing anything. B

we hold hands. E

7 my loved one gives me a gift. C

I hear "I love you" from her. A

8 I sit close to her. E

I am complimented by her for no apparent reason. A

It's more meaningful to me when . . .

9 I get the chance to just "hang out" with her. B
I unexpectedly get small gifts from her. C

10 I hear her tell me, "I'm proud of you." A
she helps me with a task. D

11 I get to do things with her. B
I hear supportive words from her. A

12 she does things for me instead of just talking about doing nice things. D
I feel connected to her through a hug. E

13 I hear praise from her. A
she gives me something that shows she was really thinking about me. C

14 I'm able to just be around her. B
I get a back rub or massage from her. E

15 she reacts positively to something I've accomplished. A
she does something for me that I know she doesn't particularly enjoy. D

16 she and I kiss frequently. E
I sense she is showing interest in the things I care about. B

It's more meaningful to me when . . .

- | | | |
|----|---|---|
| 17 | my loved one works on special projects with me that I have to complete. | D |
| | she gives me an exciting gift. | C |
| 18 | she compliments me on my appearance. | A |
| | she takes the time to listen to me and really understand my feelings. | B |
| 19 | we share nonsexual touch in public. | E |
| | she offers to run errands for me. | D |
| 20 | she does a bit more than her normal share of the responsibilities we share (around the house, work-related, etc). | D |
| | I get a gift that I know she put thought into choosing. | C |
| 21 | she doesn't check her phone while we're talking. | B |
| | she goes out of her way to do something that relieves pressure on me. | D |
| 22 | I can look forward to a holiday because of a gift I anticipate receiving. | C |
| | I hear the words, "I appreciate you" from her. | A |
| 23 | she brings me a little gift after she has been traveling without me. | C |
| | she takes care of something I'm responsible to do but I feel too stressed to do at the time. | D |

It's more meaningful to me when . . .

24	she doesn't interrupt me while I'm talking.	B
	gift giving is an important part of our relationship.	C

25	she helps me out when she knows I'm already tired.	D
	I get to go somewhere while spending time with her.	B

26	she and I are physically intimate.	E
	she gives me a little gift that she picked up in the course of her normal day.	C

27	she says something encouraging to me.	A
	I get to spend time in a shared activity or hobby with her.	B

28	she surprises me with a small token of her appreciation.	C
	she and I touch a lot during the normal course of the day.	E

29	she helps me out—especially if I know she's already busy.	D
	I hear her specifically tell me, "I appreciate you."	A

30	she and I embrace after we've been apart for a while.	E
	I hear her say how much I mean to her.	A



*The 5 Love Languages[®] Profile for Couples—*for Her**

Here is the second profile. As previously mentioned, it will give you a thorough analysis of your emotional communication preference. It will single out your primary love language, what it means, and how you can use it to connect with your loved one with intimacy and fulfillment. Two profiles are included so that each of you can complete the assessment.

You will now see 30 paired statements. Please select the statement that best defines what is most meaningful to you in your relationship as a couple. Both statements may or may not sound like they fit your situation, but please choose the statement that captures the essence of what is most meaningful to you the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Then tally your results and learn how to interpret your profile on page 184.

It's more meaningful to me when . . .

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he does something practical to help me out. D

3 he gives me a little gift as a token of our love for each other. C

I get to spend uninterrupted leisure time with him. B

4 he unexpectedly does something for me like filling my car or doing the laundry. D

he and I touch. E

5 he puts his arm around me when we're in public. E

he surprises me with a gift. C

6 I'm around him, even if we're not really doing anything. B

we hold hands. E

7 my loved one gives me a gift. C

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8 I sit close to him. E

I am complimented by him for no apparent reason. A

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	I hear him specifically tell me, "I appreciate you."	A

30	he and I embrace after we've been apart for a while.	E
	I hear him say how much I mean to him.	A

Look back through the letters you circled and record the number of responses in the spaces below.

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation B = Quality Time C = Gift Giving

D = Acts of Service E = Physical Touch

INTERPRETING YOUR PROFILE SCORE

The highest score indicates your primary love language (the highest score is 12). It's not uncommon to have two high scores, although one language does have a slight edge for most people. That just means two languages are important to you.

The lower scores indicate those languages you seldom use to communicate love and which probably don't affect you very much on an emotional level.

IMPORTANT TO REMEMBER

You may have scored more highly on certain love languages than others, but do not dismiss those other languages as insignificant. Your partner may express love in those ways, and it will be helpful to you to understand this about him.

In the same way, it will benefit your spouse or significant other to know *your* primary love language in order to best express affection for you in ways that you interpret as love. Every time you or he speaks each other's language, you score emotional points with each other. Of course, this isn't a game with a scorecard! The payoff of speaking each other's love language is a greater sense of connection. This translates into better communication, increased understanding, and, ultimately, improved romance.

If your spouse or significant other has not already done so, encourage him or her to take *The 5 Love Languages*® Profile in this book, online (5lovelanguages.com/profile or on *The 5 Love Languages*® app (iOS or Android). Discuss your respective love languages, and use this insight to improve your relationship!