
The 5 Languages of Love

*Men may be from Mars and Women from Venus...
but what language are you speaking with your
loved ones?*



How to communicate effectively with people you care about

David Alan Woodier BSc. Grad MU. NLP Prac, Results Coach

For Coaching, Speaking and Workshops

davidawoodier@gmail.com

+1 323 470 9363

Contents

Language Test	3
Focus/Beliefs	4
Language.....	4
What is the Purpose of Relationships?	4
The two greatest fears of ALL humans	4
The Five Love Languages	4
Physical Touch.....	5
Quality Time.....	6
Acts of Service.....	7
Receiving Gifts	8
Words of Affirmation	9

With Special Thanks

The information contained within this booklet is a combination of learnings from Anthony Robbins' Mastery University, Chris Howard's NLP, coupled with experience and a selection of books including:
The Five Love Languages, Gary Chapman

Also, with love to Georgi, my wonderful friend who, together with our studies we learned to speak many new languages.

Language Test

Rate the following from 1-5 with 1 being the most important.

Remember, if you are human, all of them will be important to you, however which is most important?

	I often massage or touch people.
	I frequently do things for other people.
	I habitually give gifts to people I care about.
	I regularly give compliments.
	I organise or spend quality time with people I care about.

Focus/Beliefs

- What are your beliefs about how to communicate love?

Language

- How do you communicate love?

What is the Purpose of Relationships?

- One of the principal purposes of relationships is to maximise emotions, or maximise the human experience.

The two greatest fears of ALL humans

- We are not good enough.
- We are not loved.

The Five Love Languages

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

Physical Touch

Extra notes:

- A slap in the face is detrimental to anyone, however it is devastating to someone whose primary love language is physical touch.
- If a back massage communicates love loudly to your spouse, then the time, money and energy you spend in learning to be a good masseur or masseuse will be well invested. Similarly, if sexual intercourse is your partner's primary language, it is well worth discussing the art of sexual love making as this will enhance your expression of love.
- Touching your partner when you leave in the morning or as you pass them in the kitchen expresses a loving connection, particularly to people of physical touch.
- We accept hand shaking as commonplace. Think about the reaction between two men, if one refuses to shake hands with another.
- Crisis: almost instinctively, in a time of crisis, we hug one another. This is because physical touch is a powerful communicator of love. We can't always change events, but we can survive if we feel loved.
- Physical touch should not be confused with sex. There are people of all Love Languages who enjoy sex, however those of Physical Touch enjoy the action of being touched, irrelevant of whether there is a sexual connotation.

- Physical touch can make or break a relationship. It can communicate hate or love.
- Whatever there is of me resides in my body. To touch my body is to touch me. To withdraw from my body is to distance yourself from me emotionally.
- If your spouse's primary love language is physical touch, nothing is more important than holding her as she cries.

Quality Time

Extra notes:

- **Togetherness**
- **Quality Conversation**
- **Quality Activities – focus on why you are doing it, not what you are doing.**
- Many of us are trained to analyse problems and create solutions. We forget that marriage is a relationship, not a project to be completed or a problem to solve
- Wife left man because he consistently only listened long enough to fix her problems – she longed for quality conversation, however he just tried to fix her.
- How to:
 - Maintain eye contact when they're talking (communicates that you have my full attention)
 - Don't do more than one thing at a time (QT is about undivided attention). I know that you are trying to talk to me and I'm interested, however I want to give you my full attention so give me 10 minutes to finish this and then I'll sit down and listen to you.
 - Observe body language
 - Refuse to interrupt! Recent research says: average individual listens for only 17 seconds before interrupting or interjecting their ideas. Objective is to discover YOUR thoughts and feelings.
- Babbling brook, Dead sea
 - Dead sea: it receives but does not give
 - What's wrong? Why aren't you talking tonight? Nothing's wrong – that's his style!
 - Babbling brook: anything it sees, hears or experiences, it tells you about
- How do we make time for these activities, we make time like we do for breakfast or lunch, because this is the life blood and the health of our relationships.

- A central aspect of quality time is togetherness. This is not about proximity, this is about focused attention
- Quality Conversation – Words of affirmation focus on what we are saying, whereas quality conversation focuses on what we are hearing.
- Quality Activities – one of the by-products of quality activities is that they provide a memory bank from which to draw in the years to come.

Acts of Service

Extra notes:

What do you think Acts of Service means?

- Taking the rubbish out
- Making the bed
- Making dinner
- Feeding the cats
- Cleaning the hairs from the sink
- Carrying someone's bag for them
- Walking the dog
- Watering the plants
- Cleaning the garage
- Jesus illustrated this when he washed the feet of His disciples. By him taking the action he did, he was illustrating love to his followers, who he encouraged to follow suit.
- Criticism and demands tend to drive wedges. As in Buddhism, it is important that we do not get attached to the outcome.
- Also, your partner's criticism is the clearest clue to their primary love language. Use the '*What if*' scenario with the reverse to determine to yourself or your partner what would happen.
- Stereotypes may challenge us when it comes to Acts of Service so realise that the past does not equal the future. Make sure that you follow the path of what is appropriate as opposed to what you 'should' do.
- Television has increased stereotypes
- Tearing down the stereotypes is an important thing to do – tens of years

- Anything requiring thought, planning, time, effort and energy and done with a positive attitude – these are all expressions of love
- Requests give direction to love, but demands stop the flow of love
- What we do for each other before marriage is no indication of what we will do after marriage

Receiving Gifts

Extra notes:

- A gift is something that you can hold in your hand and say, "Look, they were thinking of me." You must be thinking of someone to give them a gift. Cost is unimportant
- When two people marry, they exchange rings – gifts to illustrate their love for each other. Towards the end of a relationship, when one of them stops wearing their ring, they are really saying something.
- People who speak, 'Giving gifts' find rings, etc place a very high value on the gifts they receive.
- In normal circumstances, the value of the gift in monetary terms is unimportant, unless it is massively out of line with the finances of the people involved.
- There is an intangible gift that sometimes speaks more loudly than a gift that can be held in one's hand. It is the gift of self or the gift of presence.
- If the physical presence of your spouse is important, it is very of great magnitude that you tell them this – they won't be able to read your mind.
- Wife's supervisor said that she could lose her job if she wasn't there the next day due to the funeral – she said that it would be worth it, her husband was more important than her job. That spoke heaps to her partner and he never forgot.
- Story of partners who after a while of being married, they weren't getting on (he=acts of service, her=receiving gifts). They went to a seminar like this and then he began to do the 'Receiving gifts' thing every day for a week for his partner and children (pizza etc.). She was off the planet.

- Anything requiring thought, planning, time, effort and energy and done with a positive attitude – these are all expressions of love.
- Physical presence in the time of crisis is the most powerful gift you can give if your spouse's primary love language is receiving gift.

Words of Affirmation

Extra notes:

- Recipe for quality compliments
- Important to say things, and also to support them with a reason.
- The way you say it is really important because as we all know, only 7% is the way.
- "I felt disappointed and a little hurt that you treated me that way the other night" said in an honest, kind manner can be an expression of love.
- Unnecessary negative words are particularly painful to someone who has Words of Affirmation as their primary language.
- To learn
 - Practice saying positive things about your partner when they're not around
 - Keep notes of things you hear other say to one another or at talks etc that you like and get used to using them
 - Give second hand compliments
 - Notice something positive and twice per week tell your partner.

- "I can live for two months on a good compliment" Mark Twain
- The object of love is not getting something you want but doing something for the well-being of the one you love. It is a fact, however, that when we receive affirming words, we are far more likely to be motivated to reciprocate.
- A request creates the possibility for an expression of love, whereas a demand suffocates that possibility.

Fly High!

*Go on – it's your life; live it, love it and
give it everything you've got!*

David Alan Woodier