

By, Gary Chapman

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Cutler-Orosi Superintendent

# The 5 Love Languages<sup>®</sup>



# Outcome for this session.....

By the end of this presentation, participants will be able to identify and understand the five love languages outlined by Gary Chapman, recognize their own primary love language, and apply this knowledge to enhance communication and strengthen relationships in their personal and professional lives.

# Do you ever feel?

- That you do and give and get little in return?
- Give it all you got to someone you care for and don't get the response back you hope for?
- Have an understanding gap with someone you care for?
- Unfulfilled
- Unappreciated



Maybe you are not speaking  
in a language your loved ones  
understand. . . .



These are the 5 love languages  
we will be exploring... It is  
more than likely whatever love  
language you are, then that is  
the way you show love to  
others...







What does this all mean for  
me and my life?

Lets watch a short video...

◆ <https://vimeo.com/231134423?from=outro-embed>

# HOW TO SPEAK YOUR PARTNER'S LOVE LANGUAGE

| WHICH LOVE LANGUAGE?   | HOW TO COMMUNICATE   | ACTIONS TO TAKE   | THINGS TO AVOID  |
|--|--|---|--|
| <br><b>WORDS OF AFFIRMATION</b> | Encourage, affirm, appreciate and listen actively.                     | Send an unexpected note, text, or card.                                     | Not recognizing or appreciating effort.                                      |
| <br><b>PHYSICAL TOUCH</b>       | Non-verbal use of body language and touch to show love.                | Hugs, kisses, cuddling.   | Physical neglect or abuse.   |
| <br><b>RECEIVING GIFTS</b>      | Thoughtfulness, make your Spouse a priority.                           | Give thoughtful gifts and gestures. Express gratitude when receiving gifts. | Unenthusiastic gift receiving, forgetting special occasions.                 |
| <br><b>QUALITY TIME</b>        | Uninterrupted and focused conversations. One on one time is important. | Create special moments, take walks and do small things with your partner.   | Distractions when spending time together. Long time without one-on-one time. |
| <br><b>ACTS OF SERVICE</b>    | Let them know you are wanting to help, to lighten their load.          | Make them breakfast or dinner. Go out of your way to help with chores.      | Lacking follow-through on small and large tasks.                             |



So from the information you have received so far, what love language do you think you are **AND** what love language do you think your partner is?

Let's take a quiz and see  
how your results come  
out?



What is your top love  
language?

Was there a close second?

A clear unimportant one?

What do you think is the top  
love language for each of  
your family members?

# Self Evaluate ?

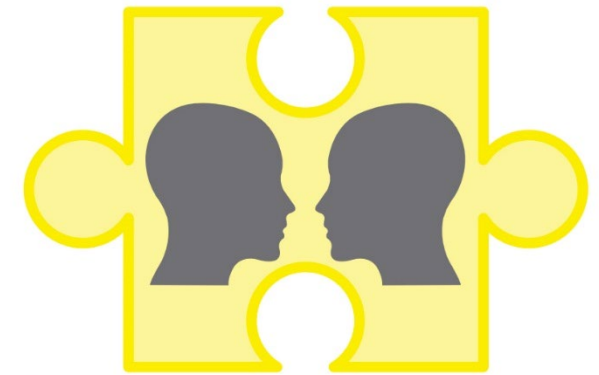
Now that you know your love language, are you speaking that love language to the people you are closest too? Is that the love language they want to hear?

Have you been speaking Chinese  
to a Russian speaking person?  
Spanish to an English speaking  
person?



# Self Evaluate ?

What do you think  
will happen if you  
start speaking in a  
language your loved  
one understands?



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Communication  
**Matters**

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# Does my child have a love language?

By, Gary Chapman

Most definitely. I like to visualize that inside every child there is an emotional love tank. If the child feels loved by the parents, the child grows up normally. But if the love tank is empty and the child does not feel loved, he/she will grow up with many internal struggles and during the teenage years will go looking for love, often in the wrong places. It is extremely important that parents learn how to love children effectively. Some time ago, I teamed up with psychiatrist Ross Campbell and wrote the book *The 5 Love Languages of Children*. It is written for parents and is designed to help them discover the child's primary love language. It also discusses how this interfaces with the child's anger, the child's learning, and with discipline.

One of the points we make in the book is that children need to learn how to receive and give love in all five languages. This produces an emotionally healthy adult. Thus, parents are encouraged to give heavy doses of the child's primary love language, then sprinkle in the other four regularly. When the child receives love in all five languages, he/she will eventually learn how to give love in all five languages.



# The Five Love Languages


Affirmation: *“Your coffee is delicious”*

Acts of Service: *I made you coffee*

Receiving Gifts: *Here’s a coffee*

Quality Time: *“Let’s go out for coffee”*

Physical Touch: *“Let me hold you like  
a delicious coffee”*

Love is not  
about how much  
you say  
'I love you,'  
but how much you  
can prove that  
it's true. 

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**IF YOU DON'T  
SACRIFICE FOR  
WHAT YOU WANT,  
WHAT YOU WANT  
BECOMES THE  
SACRIFICE**