

Love Languages

Lessons and workbook by Jonathan Decker, LMFT

Lesson 1: Are You Speaking the Same Language?

How is it possible that two people are trying to show love for each other, but neither feels loved?

What is the Golden Rule of relationships?

Lesson 2: Words of Affirmation

Think of someone whose love language is Words of Affirmation. What things could you say to them to help them feel loved and appreciated?

Why are sarcasm and insults particularly upsetting for a Words of Affirmation person?

Lesson 3: Acts of Service

Think of a loved one whose language is Acts of Service. How can you serve them and lighten their load?

How does an Acts of Service person feel if a loved one doesn't offer to help or relaxes while there's still work to do? What does this do to the relationship?

Lesson 4: Gifts

The love language of Gifts is not about materialism. What is it really about?

How can you ensure that a gift is most meaningful to the receiver?

Homework: Think of someone in your life whose primary love language is one of the three reviewed so far. Commit to a specific plan to help them feel loved this week.

Lesson 5: Quality Time

What's the difference between spending time together and spending *quality* time together?

What behaviors will be particularly hurtful to a Quality Time person?

Lesson 6: Physical Touch

Physical Touch, as a love language, is about more than sex. What need is at its core?

What are some good guidelines for PDA?

Lesson 7: Underlying Need

What is the underlying emotional need for each personality type?

Dreamer:

Healer:

Thinker:

Closer:

Lesson 8: Five Languages, Four Types

What is the hidden “bonus” love language?

Homework: Review the “Five Languages, Four Types” spreadsheet. Pick a loved one and identify their primary personality type and love language. Enlist their help if you can. Find the box where his or her primary personality type and love language intersect and commit to that behavior for this week.