

## **MARRIAGE ENRICHMENT PAPER**

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**Course: Marriage and Family Enrichment**

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### **The Five Love Languages**

Individuals may question how they have come to understand their partner's love language and their own. According to the book "Five Love Languages", people communicate their love in five different languages, and the book affirms that in terms of receiving love, individuals may feel most loved and appreciated when their love language is addressed. The five languages of love, according to the book are: Words of Affirmation, Acts of Service, Gifts, Quality Time, Physical Touch. One way to determine someone's love language is to observe and listen to how they express love and how they like to receive it.

For instance, if someone's love language is Quality Time, they may feel most loved when their partner spends focused and undivided attention with them. On the other hand, if someone's love language is Acts of Service, they may feel most loved when their partner helps with tasks and chores. In the same way, if someone frequently gives compliments and words of encouragement, their love language may be Words of Affirmation. If they show affection through physical touch, their love language may be Physical Touch. If the partner's love language is Receiving Gifts, we can show love by giving thoughtful and meaningful gifts.

It is meaningful to note that people may have a primary love language, but they may also appreciate the love in other languages as well. The key is to understand and speak the partner's

love language in a way that makes them feel valued and appreciated. So, in dispensing love, it is essential to understand and speak the partner's love language. By speaking their love language, it is possible to communicate love and appreciation in a way that is meaningful and fulfilling to them.

I have recently requested my two daughters and their respective spouses participate in the Five Love Language assessment. Both couples are relatively young, having been married for a decade, and each family is blessed with two children. They took the official Five Love Languages test: Dr. Gary Chapman offers an online test that helps individuals determine their love language. The test consists of questions assessing how you prefer to receive and express love.

My youngest daughter, who previously received counseling as a married couple, had the opportunity to learn about the concept of the "language of love." As a result, they have gained insight into how they communicate their feelings, have become more assertive in expressing their needs, and know how to deliver love to each other more assertively. Related to my oldest daughter and her husband demonstrated less ability concerning the partner's love language than the youngest by providing contradictory responses.

After completing the assessment, some key points kept our attention that reinforced the importance of communication and understanding the love communication styles of those around us. My older daughter felt surprised to know her husband's first love communication language is words of affirmation; it is how he receives and delivers love, while she thought he liked to receive love through acts of service. We talked about these points, and we concluded:

- First was the importance of effective communication as a vital component of any relationship, whether it be a romantic partnership, family dynamic, or friendship. It

serves as the foundation upon which all other related aspects are built. It is not talking about things; it is essential to talk about our feelings in a relationship. Moreover, talking about feelings seems easy, it is hard to express our feelings in words. When we talk about our feelings, we talk about ourselves, not judging other actions upon us. Without effective communication, misunderstandings and conflicts are likely to arise, hindering the growth and development of the relationship. Understanding the love communication styles of those around us is crucial for effectively coexisting and understanding their needs and emotions.

- Second, each individual has a way of expressing themselves, and it is essential to recognize and respect these differences. By understanding how our partner, family members, or friends communicate their feelings, we can tailor our communication methods to suit their needs better, leading to a deeper understanding and connection.
- Additionally, recognizing and utilizing the appropriate communication methods in different situations can promote more substantial and meaningful connections with those around us, while expressing gratitude and compliments can strengthen the bond in a relationship.
- Another insight that we had that day was about the wrong idea that if someone feels loved by Words of Affirmation, it does not mean that person delivers love in the same way. For instance, my older daughter has Quality Time love language as her primary way to feel loved, but she delivers love by doing things: Acts of Service.
- Another thinking I had was about how the importance of understanding how people communicate their love could also aid in communicating God's love to them. By

recognizing the love language of an individual, we can use the appropriate way to communicate the depth of God's love and the sacrifice of Jesus for their salvation.

In conclusion, the significance of communication and understanding the communication styles of those around us cannot be overstated. By recognizing the importance of these two points, we can improve our relationships and lead a more fulfilling life.

#### References:

- 1 - Site: <https://5lovelanguages.com/>. Accessed by internet, 02/05/2023, 6 pm.
- 2 - Chapman, G. D., & Summers, A. (2016). *The Five Love Languages: How to Express Heartfelt Commitment to your Mate*. LifeWay Press.