



Project One The Five Love Languages

For this task you will need about 15 minutes and an Internet connection. This can be done independently. Each of you needs to go on-line to <http://www.5lovelanguages.com/profile/> and take the Five Love Languages quiz by Gary Chapman. There are several tests to choose from, so just be sure to click on the love languages option. When you complete the quiz you will be emailed the results of the quiz along with some ideas for ways to speak that language.

After you take the quiz you will have a discussion with your spouse about the results. Decide 3-4 concrete things that each of you can do this week to speak your spouse's love language, then do them. Post them where you can see them each morning as a reminder to yourself; all new habits are hard to start in the beginning. The part that is tricky with this for most couples is that each person is screaming love at the other, but in his or her own language instead of the language of the spouse. It's kind of like when you're hungry for pizza and you keep trying to eat salad - there's nothing wrong with salad, but it doesn't satisfy your desire. Spend this week reminding yourself of how your spouse can hear and feel your love, then act on it.

- Wife's Love Language(s)

- Husband's Love Language (s)

Are either of you surprised by these results?

What language have you been communicating in?

Was that language your spouse's primary language?

What pitfalls are there to speaking the wrong language?

What would speak loudly to your spouse that they are loved?

Things she commits to doing this week to demonstrate that she can speak his love language:

- 1.
- 2.
- 3.
- 4.

Things he commits to doing this week to demonstrate that he can speak her love language:

- 1.
- 2.
- 3.
- 4.

There is an offer on the website for the Love Language Challenge. This is a free service. We encourage you to sign up for this and follow through with the ideas provided. If you would like more detailed information about Love Languages, we would encourage you to read Dr. Chapman's book. It contains very helpful information for forming the basis of communicating your feelings and beginning to understand how your spouse interprets what you are saying and doing.