

## You know you love them; do they?

To be fulfilled in our relationships we all need full love banks. No one can run on empty, and even at half full, we miss out on the full joy that healthy, nurturing relationships offer.

*The Five Love Languages* - written by Gary Chapman - is a very useful book for anyone that wants to breathe new life into their relationships.

Stating that love is as much about DOING as it is about FEELING, the book promotes the concept of filling your partner's or child's "love tank," and suggests consistently doing the things that make them feel loved if you want to strengthen the bonds between you.

As long as our loved ones show their love in the language that speaks best to us, our tank stays full. But it empties when we don't perceive we are loved. Understandably, tanks can become empty for two reasons. In the case of our partner, either because he is not showing his love to us *at all*, or not *in a way we can hear and feel*; in other words, in our "love language."

Chapman's 5 languages of love:

- 1) Words of affirmation
- 2) Acts of service
- 3) Gifts
- 4) Physical contact
- 5) Quality time

While we may enjoy experiencing all of these expressions of love, Chapman

says that we all have a language preference. And that it's likely to be revealed by the way in which we express our own love to others.

Unfortunately, because people tend to give out love in the form they like to get it - yet we all experience "love" differently - problems can arise. For instance; if 'physical touch' is your primary love language, and your husband's is 'acts of service' then all your hugs and kisses will only go so far. He may feel more cherished if you help him wash his car.

This is why, if you want them to feel truly loved by you, you need to figure out the love languages of your partner and children.

For clues look at:

- What do they do most often for you? Touch, give gifts, etc.
  - What do they most complain about you not doing? You never spend any time with me, etc.
- Their actions or complaints should reveal their language of choice.

In closing, if you're thinking of buying it, *The Five Love Languages* is slightly Christian in leaning. (Chapman is a pastor who has been counselling couples for 30 odd years.) But, even if you are not Christian yourself, don't let this put you off. The book still makes sense for anyone wanting to keep romance alive or work on their relationships.