

SEVEN LANGUAGES OF LOVE

(origin of this version unknown but clearly based on Gary Chapman's *The Five Love Languages*)

Touch

Touchers show love by touching the arm, hand, head etc, or for closer relationships, they embrace, kiss, stroke, or tweak a cheek. They associate love with physical forms of affection. They don't premeditate in their mind and consider what would be appropriate, they just touch people.

Verbal Expression

Some are only comfortable with expressing love through their spoken or written words. They talk freely and openly about their love, and say "I love you". They even find it difficult not to affirm their love verbally. They don't have to work at it, they don't feel uncomfortable in the least to say to someone "I appreciate you" or "You're important to me". It's their preference.

Serving

Servers are the type of people who look for ways to express their love for you by the things they do FOR you. The Handyman fixes everything to show his wife how much he loves her. The wife enthusiastically bakes, cooks, and cleans. For servers, love must be communicated practically. They often don't like talking and touching, but they will show their deep love in some practical way.

Providing

Providers say "My breadwinning says it all, if I didn't love you I wouldn't buy you things, or work so hard for you to have a nice home". These are the people who honestly think to themselves "If I didn't love her I wouldn't give her my pay packet".

Giving Gifts

This type of person is always giving gifts. Whenever they go to visit someone, they always take a gift, or if they invite people to their place, they'll go out and find a nice little trinket or something to give their guest. Whenever they go shopping they look for little items to keep on hand in case an occasion arise when a gift could be given.

Opportunity Enthusiasts

When such people feel love for those around them, they try to inspire them to greatness. They look for ways to open up opportunities for the person they love, so that person will become fulfilled.

Time

This person spells love T.I.M.E, they will rearrange schedules, and spend large amounts of time with those they love. They just love to hang out with those they love.

BY WHAT STYLES DO YOU AND YOUR SPOUSE SHOW LOVE?

The person who shows love in a particular way unconsciously expects to receive love in the same way, and may not recognise love expressed another way.

Not recognising your spouse's expressions of love is a breakdown in communication.

Identify your style(s) and your spouse's style(s) - there may be more than one - and ask yourself:

- Do I recognise my spouse's style as his/her normal way of showing love?

- Do I show appreciation for love shown in that way?
- Am I willing to attempt to show love to my spouse (sometimes, at least) by using his/her normal style?

Discuss with your spouse the ways in which:

- You show love.
- You expect to receive love.
- You recognise the other's expressions of love.
- The ways in which you acknowledge those expressions and affirm each other.