

The lessons in this book were created to strengthen and deepen your relationship with your loved one. These lessons give you workable strategies for applying the principles of *The 5 Love Languages® for Men*. You will see powerful dividends as you learn each other's love languages!

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HOW MANY LANGUAGES DO YOU SPEAK?

LESSON

1

INSTRUCTIONS: Complete this first lesson after reading chapter 1 (“How Many Languages Do You Speak?” pp. 13–21) of *The 5 Love Languages for Men*.



Primary love language: the method of communicating and experiencing emotional love that causes a person to feel truly loved.

Language barrier: a dynamic that arises when spouses do not share the same primary love language, thereby creating a need for them to learn to speak a new love language.

Dialects: nuances within a love language that communicate love in more specific and powerful ways.

Love tank: the emotional reservoir inside everyone that is filled when people speak to us in our primary love language.

OPENING QUESTIONS

1. What is the most extravagant expression of love you've ever given your wife? Why did you choose that specific way of expressing your love? Describe the effort, planning, or financial sacrifice that went into your expression of love.

2. How was your grand gesture of love received? How did your wife react to it? Was it everything you had hoped for? If so, what did you take away from the experience? If not, what would you do differently next time?

THINK ABOUT IT

3. Dr. Chapman begins the chapter by sharing three stories of guys who went to great lengths to show love to their wives. He then says, **“Unless those guys made their plans with their wives’ primary love languages in mind, they could have achieved the same results with”**—what? What is your reaction to that realization?

4. Dr. Chapman writes, **“When you express your love for your wife using her primary love language, it’s like hitting the sweet spot on a baseball bat or golf club. It just feels right—and the results are impressive.”** Describe a time when you experienced that feeling of speaking your wife’s love language in just the right way, whether you meant to or not.

5. In what areas are you and your wife similar? In what areas are you different? How do those similarities and differences shape your relationship, for better or worse?

6. What differences do you see between your wife's love languages or dialects and your love languages or dialects? How do those differences make themselves known in your relationship?

7. According to Dr. Chapman, **“in the first stages of the relationship, when the couple is drunk with infatuation, they may not notice the language barrier. They may be so eager to please each other that they do things that are out of character. . . . Any concerns they may have about their differences get swept away in the tsunami of romance and excitement.”** How does that description align with the early days of your relationship? What “out of character” things did you do when you and your wife were falling in love?

8. Of course, what goes up must come down. Or, as Dr. Chapman puts it, **“as the newness of the relationship wears off and the passion levels subside from their honeymoon crests, the two-language couple settles down into a routine. They go back to what they know best.”** How long did your “honeymoon crest” last? What routines did you settle into when it ended? What happened to your respective love tanks as a result?

9. What is the biggest challenge you anticipate in learning to speak your wife's primary love language? What is the biggest payoff you anticipate when you finally become fluent in it?

TAKE IT HOME

Most couples don't think about love languages in the early stages of their relationship. The adrenaline and excitement of new love is enough to fill their love tanks. But after the "honeymoon phase" wears off, most couples revert to their natural state and try to communicate using their own primary love languages. Unfortunately, that usually creates a language barrier. No matter how hard the couple tries to show love to each other, unless they learn each other's love language, their attempts will fall flat and their love tanks will slowly empty.

Think about how that cycle has played out—or might play out—in your relationship. For each of the following situations, write what your first instinct would be to show love to your wife. Then come up with a more effective strategy, based on what you know of your wife's actual love language.

	FIRST INSTINCT	BETTER OPTION
It's your anniversary.		
You and your wife just had a major argument.		
Your wife is facing a huge decision or considering a major life change.		
You notice something amazing about your wife—something that makes you love her even more.		
Your wife is feeling insecure about her physical appearance.		

SEVEN KEYS TO SUCCESS

Dr. Chapman identifies seven keys to success in learning your wife's love language. Carefully consider each one as you write your answers to the following questions. Your responses will help you develop a strategy and give you direction as you prepare for the exciting journey ahead.

SHORT MEMORY

What are some past experiences you need to forget or laugh off so that you can move forward in learning to speak your wife's primary love language?

CREATIVITY

What would "thinking outside the box" look like in your life as you attempt to learn your wife's love language?

LISTENING TO GOOD ADVICE

Of all the people you know, whose relationships do you most admire? Explain. Given the opportunity, what questions would you like to ask those couples?

VISION

What adjustments can you make to your daily routine to help you spot new opportunities to show love to your wife?

ENDURANCE

What past accomplishments can you draw on for motivation and inspiration as you press on to master your wife's love language?

PRAYER

If you were to make a prayer list for your relationship—specifically, things you need to be the best husband you can be for your wife—what would be on it? Where can you find time in your daily schedule to take those requests to God?

FIRM STANCE

What adjustments can you make to your schedule, your priorities, or your attitude to show your wife that nothing is more important than your relationship with her?

LOVE CHALLENGE

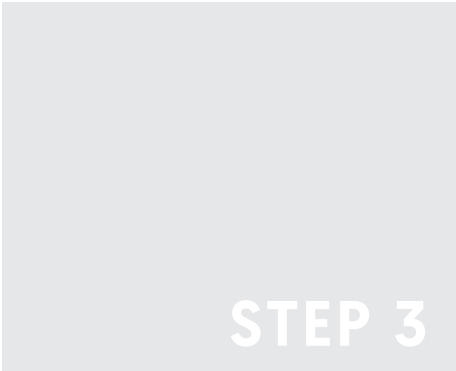
One of the keys to success in learning your wife's love language is listening to good advice. What steps will you take this week to draw on the wisdom and experience of people whose relationships you admire?



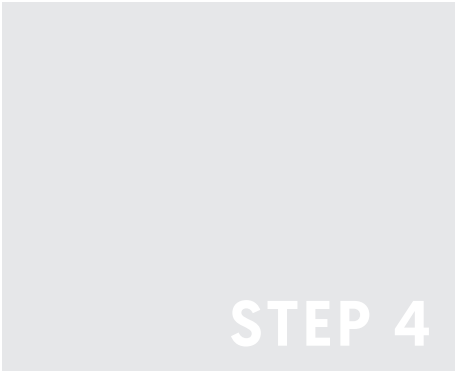
STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6

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