



The 5 Love Languages: The Secret to Love That Lasts

by Gary Chapman



This book is an easy read, and not a bad guide to what seems to make love last. Chapman suggests that there are five love languages: words of affirmation, quality time, gifts, acts of service and physical touch.

I have incorporated his three questions when working with couples to help each figure out each of their love languages. The three questions are: How do I express my love to others? What do I complain about most? What do I request most? Chapman suggests that "speaking in your spouse's love language won't be natural for you," as often your language is different from your mate's. He suggests that one check in with your mate about his/her needs. He uses the metaphor of "tank check" to inquire what your partner needs.

Odd? Maybe so, but he has written a New York Times best-seller, so many are interested in making our relationships last. On a good day I am 31 years married; on a challenging day, 303!

~Dr. Michele Winchester-Vega



Once I got past the religious aspects of the book and realized that Chapman was not writing about the romance tongues of Spanish and French, I eased into the concepts of his heartfelt expressions of love.

Rarely do we as mates, adult children, parents and friends have the same love language, which can cause communication breakdowns. Discovering if your loved one is "bilingual" can become a more meaningful gesture as it can help you fill up their "love tank." An example is that your partner may not appreciate getting flowers as much as you helping with the laundry.

I just loved that he takes on touch, which he separates out from the biological and what he calls the "in love" phase of romance and that he separates out the erotic lust obsessional sex from meaningful expressions of love that last. Love that lasts doesn't have forever the elements of emotional highs and euphoria that happens at the lust stage. Lasting love is a choice, not obsessional. It is a love that unites reason and emotions and involves an act of will and requires discipline and the space for personal growth, not just bodily instinct.

The book offers a quiz that you can take online to ask for what you want and choose among the five love languages that suits you and your mate. Now, go and try to fill up your love cups or tanks by practicing these heartfelt expressions of love. ~ Diane Light-Spiro



Newlyweds take note: Chapman suggests that after the first couple of years the initial "excitement" is fading and that their "love tanks" are nearing empty. The idea to consider is that you may be speaking a different love language. Figure out with your mate what is most important to them. With our fast pace, and multiple demands, slow it down to make sure you are connecting to your mate. Chapman suggests that we have a "tank check" to consider three nights for three weeks to check in with your mate.

In Chapter 4, he quotes Mark Twain: "I can live for two months on a good compliment." I encourage partners to use words of appreciation, as they are powerful ways to communicate love. ~**Dianna Chillo**



Most couples are able to remember those very sweet first moments when they met and felt as if they could never live without the other. When we first meet our significant other, we send what I like to call "our representative." We are at our best. We do things we never thought we would, in the name of love. As real life quickly sets in, we become comfortable and forget to say/do those things that made our partners fall in love with us. I often hear people say, "He used to spend all his free time with me," or "She used to kiss me with such happiness."

Chapman gives us ideas on how to keep what he calls the "emotional love tank" full. He provides us with ways to figure out what makes your partner happy, in case you forgot, and ideas on how to fulfill those love needs.

The main idea is to love your partner as he/she would like for you to love him/her — not the way you think they need to be loved. ~**Nancy Arocho-Mercado**