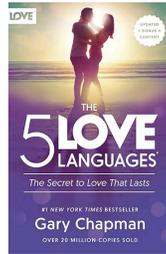


Your Kindle Notes For:



The 5 Love Languages: The Secret to Love that Lasts

Gary Chapman

49 Highlight(s) | 0 Note(s)

Location: 166

It is not that the books and articles already published are not helpful. The problem is that we have overlooked one fundamental truth: People speak different love languages.

Location: 174

Language differences are part and parcel of human culture. If we are to communicate effectively across cultural lines, we must learn the language of those with whom we wish to communicate.

Location: 181

My conclusion after many years of marriage counseling is that there are five emotional love languages—five ways that people speak and understand emotional love.

Location: 184

The important thing is to speak the love language of your spouse.

Location: 218

I liked the metaphor the first time I heard it: “Inside every child is an ‘emotional tank’ waiting to be filled with love. When a child really feels loved, he will develop normally, but when the love tank is empty, the child will misbehave.

Location: 245

At the heart of humankind’s existence is the desire to be intimate and to be loved by another. Marriage is designed to meet that need for intimacy and love.

Location: 334

The bad information was the idea that the “in-love” obsession would last forever.

Location: 364

We can recognize the in-love experience for what it was—a temporary emotional high—and now pursue “real love” with our spouse. That kind of love is emotional in nature but not obsessional. It is a love that unites reason and emotion.

Location: 371

In fact, true love cannot begin until the “in-love” experience has run its course.

Location: 375

We feel secure when we are assured that our mate accepts us, wants us, and is committed to our well-being.

Location: 445

The object of love is not getting something you want but doing something for the well-being of the one you love.

Location: 449

The word encourage means “to inspire courage.” All of us have areas in which we feel insecure.

Location: 457

In time, however, Keith had realized that life’s deepest meaning is not found in accomplishments but in relationships.

Location: 493

Our spouse will usually interpret our message based on our tone of voice, not the words we use.

Location: 513

I am amazed by how many individuals mess up every new day with yesterday. They insist on bringing into today the failures of yesterday, and in so doing, they pollute a potentially wonderful present.

Location: 520

Forgiveness is not a feeling; it is a commitment.

Location: 672

By “quality time,” I mean giving someone your undivided attention.

Location: 749

If your spouse’s primary love language is quality time, such dialogue is crucial to his or her emotional sense of being loved.

Location: 751

Quality conversation is quite different from the first love language. Words of affirmation focus on what we are saying, whereas quality conversation focuses on what we are hearing.

Location: 776

We forget that marriage is a relationship, not a project to be completed or a problem to solve. A relationship calls for empathetic listening with a view to understanding the other person’s thoughts, feelings, and desires. We must be willing to give advice but only when it is requested and never in a condescending manner.

Location: 779

Learning to listen may be as difficult as learning a foreign language, but learn we must, if we want to communicate love. That is especially true if your spouse’s primary love language is quality time and his or her dialect is quality conversation.

Blue highlight | Location: 788

Listen for feelings. Ask yourself, “What emotion is my spouse experiencing?” When you think you have the answer, confirm it. For example, “It sounds to me like you are feeling disappointed because I forgot _____.” That gives him the chance to clarify his feelings. It also communicates that you are listening intently to what he is saying.

Location: 826

Remember, emotions themselves are neither good nor bad. They are simply our psychological responses to the events of life.

Location: 831

In each of life’s events, we have emotions, thoughts, desires, and eventually actions. The expression of that process is called self-revelation. If you choose to learn the love dialect of quality conversation, that is the learning road you must follow.

Location: 853

We are influenced by our personality but not controlled by it.

Location: 984

A gift is something you can hold in your hand and say, "Look, he was thinking of me," or, "She remembered me." You must be thinking of someone to give him a gift. The gift itself is a symbol of that thought.

Location: 990

Gifts are visual symbols of love. Most wedding ceremonies include the giving and receiving of rings. The person performing the ceremony says, "These rings are outward and visible signs of an inward and spiritual bond that unites your two hearts in love that has no end." That is not meaningless rhetoric.

Location: 1,000

Gifts come in all sizes, colors, and shapes. Some are expensive, and others are free. To the individual whose primary love language is receiving gifts, the cost of the gift will matter little, unless it is out of line with what you can afford.

Location: 1,279

We can request things of each other, but we must never demand anything. Requests give direction to love, but demands stop the flow of love."

Location: 1,329

Love is a choice and cannot be coerced. Dave and Mary were criticizing each other's behavior and getting nowhere. Once they decided to make requests of each other rather than demands, their marriage began to turn around.

Location: 1,338

Their criticism is an ineffective way of pleading for love.

Location: 1,351

No person should ever be a doormat. We may allow ourselves to be used, but we are in fact creatures of emotion, thoughts, and desires. And we have the ability to make decisions and take action. Allowing oneself to be used or manipulated by another is not an act of love. It is, in fact, an act of treason.

Location: 1,360

Remember, there are no rewards for maintaining stereotypes, but there are tremendous benefits to meeting the emotional needs of your spouse. If your spouse's love language is acts of service, then "actions speak louder than words."

Location: 1,432

Physical touch is also a powerful vehicle for communicating marital love. Holding hands, kissing, embracing, and sexual intercourse are all ways of communicating emotional love to one's spouse. For some individuals, physical touch is their primary love language. Without it, they feel unloved. With it, their emotional tank is filled, and they feel secure in the love of their spouse.

Location: 1,453

Don't make the mistake of believing that the touch that brings pleasure to you will also bring pleasure to her.

Location: 1,459

Implicit love touches require little time but much thought, especially if physical touch is not your primary love language and if you did not grow up in a "touching family." Sitting close to each other as you watch your favorite television program requires no additional time but may communicate your love loudly. Touching your spouse as you walk through the room where he is sitting takes only a moment. Touching each other when you leave the house and again when you return may involve only a brief kiss or hug but will speak volumes to your spouse.

Location: 1,621

But first, let's make sure you know your own love language. Having heard the five emotional love languages, WORDS OF AFFIRMATION QUALITY TIME RECEIVING GIFTS ACTS OF SERVICE PHYSICAL TOUCH, some individuals will know instantaneously their own primary love language and that of their spouse. For others, it will not be that easy.

Location: 1,646

Marcus had made the mistake common to many men: assuming that physical touch is their primary love language because they desire sexual intercourse so intensely. For the male, sexual desire is physically based. That is, the desire for sexual intercourse is stimulated by the buildup of sperm cells and seminal fluid in the seminal vesicles. When the seminal vesicles are full, there is a physical push for release. Thus, the male's desire for sexual intercourse has a physical root.

Location: 1,649

For the female, sexual desire is far more influenced by her emotions. If she feels loved and admired and appreciated by her husband, then she has a desire to be physically intimate with

him. But without the emotional closeness, she may have little physical desire. Her biological sexual drive is closely tied to her emotional need for love.

Location: 1,656

When, in fact, his wife speaks his primary love language and his emotional love tank is full, and he speaks her primary love language and her emotional tank is full, the sexual aspect of their relationship will take care of itself. Most sexual problems in marriage have little to do with physical technique but everything to do with meeting emotional needs.

Location: 1,800

Meeting my wife's need for love is a choice I make each day. If I know her primary love language and choose to speak it, her deepest emotional needs will be met, and she will feel secure in my love.

Location: 1,851

But ultimately, comfort is not the issue. We are talking about love, and love is something you do for someone else, not something you do for yourself.

Location: 1,854

Our actions preceded our emotions.

Location: 1,962

Our condemning words to each other had brought us hurt and, on the heels of hurt, anger. And anger held inside becomes hate.

Location: 2,092

"Certainly we do not have warm feelings for people who hate us. That would be abnormal, but we can do loving acts for them. That is simply a choice. We hope that such loving acts will have a positive effect upon their attitudes and behavior and treatment, but at least we have chosen to do something positive for them."

Location: 2,169

I am convinced that no single area of marriage affects the rest of marriage as much as meeting the emotional need for love.

Location: 2,232

Your wife's complaints are the most powerful indicators of her primary love language.

Location: 2,279

give love in all five languages.

Location: 2,392

Let me begin by saying that we cannot make our spouse speak our love language. Love is a choice. We can request love, but we cannot demand it.