

#1 NEW YORK TIMES BESTSELLER

The 5 Love Languages

The Secret to Love That Lasts

GARY CHAPMAN

INCLUDES THE FIVE LOVE LANGUAGES PERSONAL PROFILE

T_{HE} **Five** **L**_{OVE} **L**_{ANGUAGES}

T_{HE} *Five* LOVE LANGUAGES

How to Express Heartfelt Commitment to Your Mate

G_{ARY} **C**_{HAPMAN}

NORTHFIELD PUBLISHING
CHICAGO

© 1992, 1995, 2004
by Gary D. Chapman

All rights reserved. No part of this book may be reproduced in any form without permission in writing from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

Scripture quotations, unless noted otherwise, are taken from the *Holy Bible: New International Version*[®]. Copyright © 1973, 1978, 1984, International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

The use of selected references from various versions of the Bible in this publication does not necessarily imply publisher endorsement of the versions in their entirety.

ISBN: 978-1-881273-15-6

*To Karolyn,
Shelley, and Derek*

Other Great Books by Gary Chapman

The Five Love Languages Men's Edition

The Five Love Languages Gift Edition

The Five Love Languages of Children

The Five Love Languages of Teenagers

The Five Love Languages for Singles

Your Gift of Love

Parenting Your Adult Child

The Other Side of Love

Loving Solutions

Five Signs of a Loving Family

Toward a Growing Marriage

Hope for the Separated

Covenant Marriage

CONTENTS

Acknowledgments

1. What Happens to Love After the Wedding?

2. Keeping the Love Tank Full

3. Falling in Love

4. Love Language #1: Words of Affirmation

5. Love Language #2: Quality Time

6. Love Language #3: Receiving Gifts

7. Love Language #4: Acts of Service

8. Love Language #5: Physical Touch

9. Discovering Your Primary Love Language

10. Love Is a Choice

11. Love Makes the Difference

12. Loving the Unlovely

13. Children and Love Languages

14. A Personal Word

The Five Love Languages Profile for Husbands

The Five Love Languages Profile for Wives

ACKNOWLEDGMENTS

Love begins, or should begin, at home. For me that means Sam and Grace, Dad and Mom, who have loved me for more than fifty years. Without them I would still be seeking love instead of writing about it. Home also means Karolyn, to whom I have been married for more than forty years. If all wives loved as she does, fewer men would be looking over the fence. Shelley and Derek are now out of the nest, exploring new worlds, but I feel secure in the warmth of their love. I am blessed and grateful.

I am indebted to a host of professionals who have influenced my concepts of love. Among them are psychiatrists Ross Campbell, Judson Swihart, and Scott Peck. For editorial assistance, I am indebted to Debbie Barr and Cathy Peterson. The technical expertise of Tricia Kube and Don Schmidt made it possible to meet publication deadlines. Last, and most important, I want to express my gratitude to the hundreds of couples who, over the past thirty years, have shared the intimate side of their lives with me. This book is a tribute to their honesty.

chapter one

WHAT HAPPENS TO LOVE AFTER THE WEDDING?

At 30,000 feet, somewhere between Buffalo and Dallas, he put his magazine in his seat pocket, turned in my direction, and asked, “What kind of work do you do?”

“I do marriage counseling and lead marriage enrichment seminars,” I said matter-of-factly.

“I’ve been wanting to ask someone this for a long time,” he said. “What happens to the love after you get married?”

Relinquishing my hopes of getting a nap, I asked, “What do you mean?”

“Well,” he said, “I’ve been married three times, and each time, it was wonderful before we got married, but somehow after the wedding it all fell apart. All the love I thought I had for her and the love she seemed to have for me evaporated. I am a fairly intelligent person. I operate a successful business, but I don’t understand it.”

“How long were you married?” I asked.

“The first one lasted about ten years. The second time, we were married three years, and the last one, almost six years.”

“Did your love evaporate immediately after the wedding, or was it a gradual loss?” I inquired.

“Well, the second one went wrong from the very beginning. I don’t know what happened. I really thought we loved each other, but the honeymoon was a disaster, and we never recovered. We only dated six months. It was a whirlwind romance. It was really exciting! But after the marriage, it was a battle from the beginning.

“In my first marriage, we had three or four good years before the baby came. After the baby was born, I felt like she gave her attention to the baby and I no longer mattered. It was as if her one goal in life was to have a baby, and after the baby, she no longer needed me.”

“Did you tell her that?” I asked.

“Oh, yes, I told her. She said I was crazy. She said I did not understand the stress of being a twenty-four-hour nurse. She said I should be more understanding and help her more. I really tried, but it didn’t seem to make any difference. After that, we just grew further apart. After a

while, there was no love left, just deadness. Both of us agreed that the marriage was over.

“My last marriage? I really thought that one would be different. I had been divorced for three years. We dated each other for two years. I really thought we knew what we were doing, and I thought that perhaps for the first time I really knew what it meant to love someone. I genuinely felt that she loved me.

“After the wedding, I don’t think I changed. I continued to express love to her as I had before marriage. I told her how beautiful she was. I told her how much I loved her. I told her how proud I was to be her husband. But a few months after marriage, she started complaining; about petty things at first—like my not taking the garbage out or not hanging up my clothes. Later, she went to attacking my character, telling me she didn’t feel she could trust me, accusing me of not being faithful to her. She became a totally negative person. Before marriage, she was never negative. She was one of the most positive people I have ever met. That is one of the things that attracted me to her. She never complained about anything. Everything I did was wonderful, but once we were married, it seemed I could do nothing right. I honestly don’t know what happened. Eventually, I lost my love for her and began to resent her. She obviously had no love for me. We agreed there was no benefit to our living together any longer, so we split.

“That was a year ago. So my question is, What happens to love after the wedding? Is my experience common? Is that why we have so many divorces in our country? I can’t believe that it happened to me three times. And those who don’t divorce, do they learn to live with the emptiness, or does love really stay alive in some marriages? If so, how?”

The questions my friend seated in 5A was asking are the questions that thousands of married and divorced persons are asking today. Some are asking friends, some are asking counselors and clergy, and some are asking themselves. Sometimes the answers are couched in psychological research jargon that is almost incomprehensible. Sometimes they are couched in humor and folklore. Most of the jokes and pithy sayings contain some truth, but they are like offering an aspirin to a person with cancer.

The desire for romantic love in marriage is deeply rooted in our psychological makeup. Almost every popular magazine has at least one article each issue on keeping love alive in a marriage. Books abound on

the subject. Television and radio talk shows deal with it. Keeping love alive in our marriages is serious business.

With all the books, magazines, and practical help available, why is it that so few couples seem to have found the secret to keeping love alive after the wedding? Why is it that a couple can attend a communication workshop, hear wonderful ideas on how to enhance communication, return home, and find themselves totally unable to implement the communication patterns demonstrated? How is it that we read a magazine article on “101 Ways to Express Love to Your Spouse,” select two or three ways that seem especially good to us, try them, and our spouse doesn’t even acknowledge our effort? We give up on the other 98 ways and go back to life as usual.

We must be willing to learn our spouse’s primary love language if we are to be effective communicators of love.

The answer to those questions is the purpose of this book. 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.

In the area of linguistics, there are major language groups: Japanese, Chinese, Spanish, English, Portuguese, Greek, German, French, and so on. Most of us grow up learning the language of our parents and siblings, which becomes our primary or native tongue. Later, we may learn additional languages but usually with much more effort. These become our secondary languages. We speak and understand best our native language. We feel most comfortable speaking that language. The more we use a secondary language, the more comfortable we become conversing in it. If we speak only our primary language and encounter someone else who speaks only his or her primary language, which is different from ours, our communication will be limited. We must rely on pointing, grunting, drawing pictures, or acting out our ideas. We can communicate, but it is awkward. 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.

In the area of love, it is similar. Your emotional love language and the language of your spouse may be as different as Chinese from English. No

matter how hard you try to express love in English, if your spouse understands only Chinese, you will never understand how to love each other. My friend on the plane was speaking the language of “Affirming Words” to his third wife when he said, “I told her how beautiful she was. I told her I loved her. I told her how proud I was to be her husband.” He was speaking love, and he was sincere, but she did not understand his language. Perhaps she was looking for love in his behavior and didn’t see it. Being sincere is not enough. We must be willing to learn our spouse’s primary love language if we are to be effective communicators of love.

My conclusion after thirty years of marriage counseling is that there are basically five emotional love languages—five ways that people speak and understand emotional love. In the field of linguistics a language may have numerous dialects or variations. Similarly, within the five basic emotional love languages, there are many dialects. That accounts for the magazine articles titled “10 Ways to Let Your Spouse Know You Love Her,” “20 Ways to Keep Your Man at Home,” or “365 Expressions of Marital Love.” There are not 10, 20, or 365 basic love languages. In my opinion, there are only five. However, there may be numerous dialects. The number of ways to express love within a love language is limited only by one’s imagination. The important thing is to speak the love language of your spouse.

We have long known that in early childhood development each child develops unique emotional patterns. Some children, for example, develop a pattern of low self-esteem whereas others have healthy self-esteem. Some develop emotional patterns of insecurity whereas others grow up feeling secure. Some children grow up feeling loved, wanted, and appreciated, yet others grow up feeling unloved, unwanted, and unappreciated.

The children who feel loved by their parents and peers will develop a primary emotional love language based on their unique psychological makeup and the way their parents and other significant persons expressed love to them. They will speak and understand one primary love language. They may later learn a secondary love language, but they will always feel most comfortable with their primary language. Children who do not feel loved by their parents and peers will also develop a primary love language. However, it will be somewhat distorted in much the same way as some children may learn poor grammar and have an underdeveloped vocabulary. That poor programming does not mean they cannot become good

communicators. But it does mean they will have to work at it more diligently than those who had a more positive model. Likewise, children who grow up with an underdeveloped sense of emotional love can also come to feel loved and to communicate love, but they will have to work at it more diligently than those who grew up in a healthy, loving atmosphere.

Seldom do a husband and wife have the same primary emotional love language. We tend to speak our primary love language, and we become confused when our spouse does not understand what we are communicating. We are expressing our love, but the message does not come through because we are speaking what, to them, is a foreign language. Therein lies the fundamental problem, and it is the purpose of this book to offer a solution. That is why I dare to write another book on love. Once we discover the five basic love languages and understand our own primary love language, as well as the primary love language of our spouse, we will then have the needed information to apply the ideas in the books and articles.

Once you identify and learn to speak your spouse's primary love language, I believe that you will have discovered the key to a long-lasting, loving marriage. Love need not evaporate after the wedding, but in order to keep it alive most of us will have to put forth the effort to learn a secondary love language. We cannot rely on our native tongue if our spouse does not understand it. If we want him/her to feel the love we are trying to communicate, we must express it in his or her primary love language.

23	My husband lets me know he loves me by giving me gifts.	C
	My husband shows his love by helping me without me having to ask.	D
24	My husband doesn't interrupt me when I am talking, and I like that.	B
	I never get tired of receiving gifts from my husband.	C
25	My husband is good about asking how he can help when I'm tired.	D
	It doesn't matter where we go, I just like going places with my husband.	B
26	I love cuddling with my husband.	E
	I love surprise gifts from my husband.	C
27	My husband's encouraging words give me confidence.	A
	I love to watch movies with my husband.	B
28	I couldn't ask for any better gifts than the ones my husband gives me.	C
	I love it that my husband can't keep his hands off me.	E
29	It means a lot to me when my husband helps me despite being busy.	D
	It makes me feel really good when my husband tells me he appreciates me.	A
30	I love hugging and kissing my husband after we've been apart for a while.	E
	I love hearing my husband tell me that he missed me.	A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation B = Quality Time C = Receiving Gifts

D = Acts of Service E = Physical Touch

chapter two

KEEPING THE LOVE TANK FULL

Love is the most important word in the English language—and the most confusing. Both secular and religious thinkers agree that love plays a central role in life. We are told that “love is a many-splendored thing” and that “love makes the world go round.” Thousands of books, songs, magazines, and movies are peppered with the word. Numerous philosophical and theological systems have made a prominent place for love. And the founder of the Christian faith wanted love to be the distinguishing characteristic of His followers.¹

Psychologists have concluded that the need to feel loved is a primary human emotional need. For love, we will climb mountains, cross seas, traverse desert sands, and endure untold hardships. Without love, mountains become unclimbable, seas uncrossable, deserts unbearable, and hardships our plight in life. The Christian apostle to the Gentiles, Paul, exalted love when he indicated that all human accomplishments that are not motivated by love are, in the end, empty. He concluded that in the last scene of the human drama, only three characters will remain: “faith, hope and love. But the greatest of these is love.”²

If we can agree that the word *love* permeates human society, both historically and in the present, we must also agree that it is a most confusing word. We use it in a thousand ways. We say, “I love hot dogs,” and in the next breath, “I love my mother.” We speak of loving activities: swimming, skiing, hunting. We love objects: food, cars, houses. We love animals: dogs, cats, even pet snails. We love nature: trees, grass, flowers, and weather. We love people: mother, father, son, daughter, parents, wives, husbands, friends. We even fall in love with love.

If all that is not confusing enough, we also use the word love to explain behavior. “I did it because I love her.” That explanation is given for all kinds of actions. A man is involved in an adulterous relationship, and he calls it love. The preacher, on the other hand, calls it sin. The wife of an alcoholic picks up the pieces after her husband’s latest episode. She calls it love, but the psychologist calls it codependency. The parent indulges all the child’s wishes, calling it love. The family therapist would

call it irresponsible parenting. What is loving behavior?

The purpose of this book is not to eliminate all confusion surrounding the word love, but to focus on that kind of love that is essential to our emotional health. Child psychologists affirm that every child has certain basic emotional needs that must be met if he is to be emotionally stable. Among those emotional needs, none is more basic than the need for love and affection, the need to sense that he or she belongs and is wanted. With an adequate supply of affection, the child will likely develop into a responsible adult. Without that love, he or she will be emotionally and socially retarded.

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. Much of the misbehavior of children is motivated by the cravings of an empty ‘love tank.’” I was listening to Dr. Ross Campbell, a psychiatrist who specializes in the treatment of children and adolescents.

As I listened, I thought of the hundreds of parents who had paraded the misdeeds of their children through my office. I had never visualized an empty love tank inside those children, but I had certainly seen the results of it. Their misbehavior was a misguided search for the love they did not feel. They were seeking love in all the wrong places and in all the wrong ways.

I remember Ashley, who at thirteen years of age was being treated for a sexually transmitted disease. Her parents were crushed. They were angry with Ashley. They were upset with the school, which they blamed for teaching her about sex. “Why would she do this?” they asked.

At the heart of mankind'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.

In my conversation with Ashley, she told me of her parents' divorce when she was six years old. “I thought my father left because he didn't love me,” she said. “When my mother remarried when I was ten, I felt she now had someone to love her, but I still had no one to love me. I wanted so much to be loved. I met this boy at school. He was older than me, but he

liked me. I couldn't believe it. He was kind to me, and in a while I really felt he loved me. I didn't want to have sex, but I wanted to be loved."

Ashley's "love tank" had been empty for many years. Her mother and stepfather had provided for her physical needs but had not realized the deep emotional struggle raging inside her. They certainly loved Ashley, and they thought that she felt their love. Not until it was almost too late did they discover that they were not speaking Ashley's primary love language.

The emotional need for love, however, is not simply a childhood phenomenon. That need follows us into adulthood and into marriage. The "in love" experience temporarily meets that need, but it is inevitably a "quick fix" and, as we shall learn later, has a limited and predictable life span. After we come down from the high of the "in love" obsession, the emotional need for love resurfaces because it is fundamental to our nature. It is at the center of our emotional desires. We needed love before we "fell in love," and we will need it as long as we live.

The need to feel loved by one's spouse is at the heart of marital desires. A man said to me recently, "What good is the house, the cars, the place at the beach, or any of the rest of it if your wife doesn't love you?" Do you understand what he was really saying? "More than anything, I want to be loved by my wife." Material things are no replacement for human, emotional love. A wife says, "He ignores me all day long and then wants to jump in bed with me. I hate it." She is not a wife who hates sex; she is a wife desperately pleading for emotional love.

Something in our nature cries out to be loved by another. Isolation is devastating to the human psyche. That is why solitary confinement is considered the cruelest of punishments. At the heart of mankind'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. That is why the ancient biblical writings spoke of the husband and wife becoming "one flesh." That did not mean that individuals would lose their identity; it meant that they would enter into each other's lives in a deep and intimate way. The New Testament writers challenged both the husband and the wife to love each other. From Plato to Peck, writers have emphasized the importance of love in marriage.

But, if love is important, it is also elusive. I have listened to many married couples share their secret pain. Some came to me because the inner ache had become unbearable. Others came because they realized that their behavior patterns or the misbehavior of their spouse was destroying