

Love Languages

The Five Love Languages:

1. Words of Affirmation

2. Quality Time

3. Gifts

4. Acts of Service

5. Physical Touch

“In years of treating adolescents who have been involved in sexual misconduct, I have never treated such an adolescent whose emotional need for love has been met by the parents. It is my opinion that almost all sexual misconduct in adolescents is rooted in an empty emotional love tank.”

- Psychiatrist Dr. Ross Campbell

5 Ways to Discover Your Own Primary Love Language:

1. What do people do or fail to do that hurts you most deeply?

* The opposite of what hurts you most is probably your love language.

2. What have you most often requested of significant people in your life?

* The thing you have most often requested is likely the thing that would make you feel most loved and will give you an indication of Your Primary Love Language.

3. In what way do you regularly express love to others?

* Your method of expressing love or affection may be an indication of what would also make you feel affection or love.

4. Imagine Your Picture of the Perfect Friend, Mate, Parent or Child.

* What Long Term Qualities would you want them to have? Those Long Term Qualities will give you indicators of your Primary Love Language.

5. Take Personal Inventory of your Emotional Love Tank.

* On a scale of 10 (greatest) to 0 (empty) how full is your Emotional Love Tank today?

What could someone do to help fill your tank and change how you emotionally feel?

What could someone do to ruin your day? Record answers over a period of time to discover your Primary Love Language.

Two Types of People Who Have Difficulty Discovering Their Primary Love Language:

1. The person whose Emotional Love Tank has been Full for a long time.

2. The person whose Emotional Love Tank has been Empty for so long that:

* They don't remember what makes them feel loved

* Love in any language would sound good