

DISCOVERING LOVE LANGUAGES

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Prague, Czech Republic
May 2007

Love language is at its core simply the way we want to be loved. It is a preferred way of expressing love to others and having it expressed to us. When others - a spouse, family or friends - communicate love in a way that is desired by us, we feel loved. When they do not express such love or do it in other ways that we don't fully comprehend, there is a deep need to feel loved that develops in every man or woman.

Therefore, when trying to discern your own love language and/or love languages of people around you, pay attention to the following:

What particular ways do you (they) usually express love to others?

What particular ways would you (they) like others to express love to you (them)?

What do you (they) ask for most often?

What do you (they) express thanks for most often?

What do you (they) reminisce about most often?

What do you (they) complain about most often?

What lifts your (their) mood up?

What kind of behaviors hurt you (them) most?

Answers to those questions will provide you with important clues about which one of five love languages (affirmation, time, gifts, service (help) or touch) is your primary or secondary one.

Five languages of love and communication

Process of communication:

Sender ---> [Coding] ---> Message ---> [Decoding] ---> Receiver

I know you think you know what I meant when I said that, but I don't know if you know that what I said is not exactly what I meant.

Key principle: In effective communication it is not so important what you wanted to say, but rather how what you said was really understood.

Key principle in expressing love: In a loving and fulfilling relationship it is not so important how much love you feel for another person or how many various things you do to express it, but rather how many of those behaviors are seen as a loving expression by your spouse or family member and how much he or she feels loved by you.

The most effective approach: to learn the other person's love language and express the love in a way that is understandable to him or her.