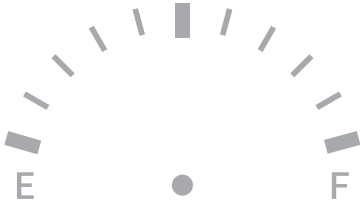
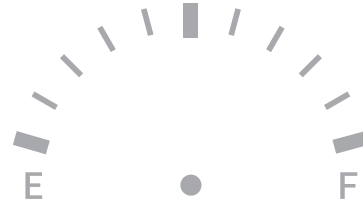


TAKE IT HOME

Everyone's emotional needs are different. What fills your love tank may not fill your spouse's. Draw an arrow on each of the following fuel gauges to indicate how much that specific loving gesture would fill your emotional love tank.



You overhear your spouse telling someone how amazingly creative you are.



Your spouse postpones his or her own plans in order to spend the day with you before you leave for a weeklong trip.



Your spouse gives you a framed photo of the two of you on your first date.



Your spouse spends an entire Saturday afternoon cleaning your car, inside and out.



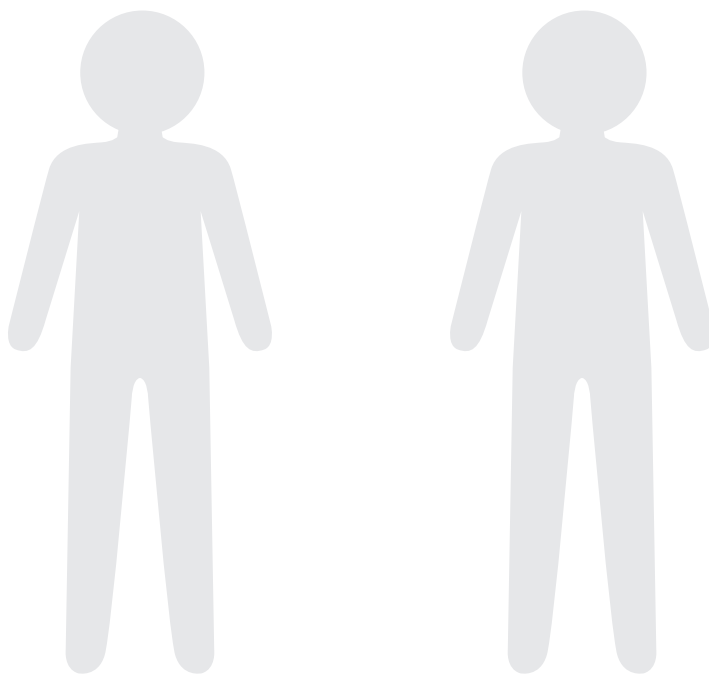
Your spouse gives you an impromptu back rub.

TAKE IT HOME

Dr. Chapman emphasizes that what we see when we fall in love isn't always reality. The in-love experience can cause us to overlook some less-than-ideal aspects of our partner. Here's an exercise to draw attention to this phenomenon.

On the first outline, write down the things you notice in another person when you're falling in love. For example, you might draw an arrow to the side of the head and write, "Ears that listen intently when I talk about my day at work." Or you might draw an arrow to the chest and write, "A heart for rescue animals."

On the second outline, write down the things you don't notice in another person when you're falling in love. For example, you might draw an arrow to the mouth and write, "Words that seem overly harsh and controlling sometimes." Or you might draw arrows to the hands and write, "Hands that haven't worked a day in the past six months."

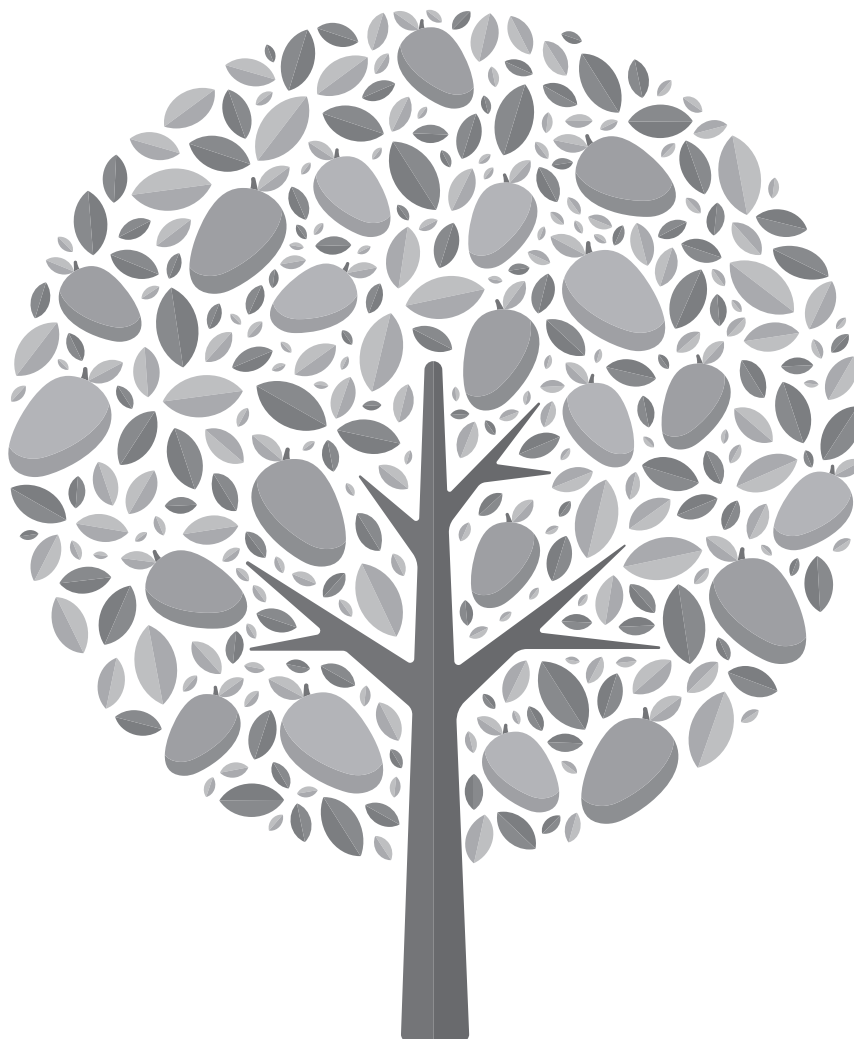


PEAKS AND VALLEYS

Use a graph to chart the highs and lows of your relationship with your husband or wife. Start with the year you met each other and continue to present day. Mark the highs, including your “in-love” experience, and your lows. Write down a word or phrase to explain each shift in your relationship. For example, a drop from the peaks of the early days of your relationship to a decade-long plateau might be explained by the challenges of parenting young children. A further drop to a valley might be explained by a sudden loss, a serious illness, joblessness, or some other crisis.

TAKE IT HOME

Gathering the material you need to speak words of affirmation is as easy as noticing and appreciating your spouse's many praiseworthy qualities. On the fruit tree below, identify various characteristics, gifts, and skills that your husband or wife possesses. These are areas that are ripe for words of affirmation. You can start with the low-hanging fruit—the easy ones. These are characteristics that are obvious to most people—beauty, sense of style, kindness, sense of humor. The upper branches of the tree are qualities that other people might not see—tenderness, vulnerability, a penchant for doing good things without anyone else noticing.



TAKE IT HOME

Below are three pie charts—one for a typical weekday, one for a typical Saturday, and one for a typical Sunday. Fill in each one to show (generally speaking) how you spend those twenty-four hours. The biggest pie pieces will likely be sleeping and work. Other categories might include school, household chores, exercise/training, screen time (TV, computer, and phone), family responsibilities, social engagements, and quality time with your spouse. Try to be as accurate as possible so that you get a good sense of where your time goes.

Typical Weekday



Typical Saturday



Typical Sunday



Below are three more pie charts. Fill them out again, this time with an eye toward carving out bigger pieces for quality time with your husband or wife. In what areas can you cut back so that you have more time to devote to filling your spouse's love tank?

Potential Weekday



Potential Saturday

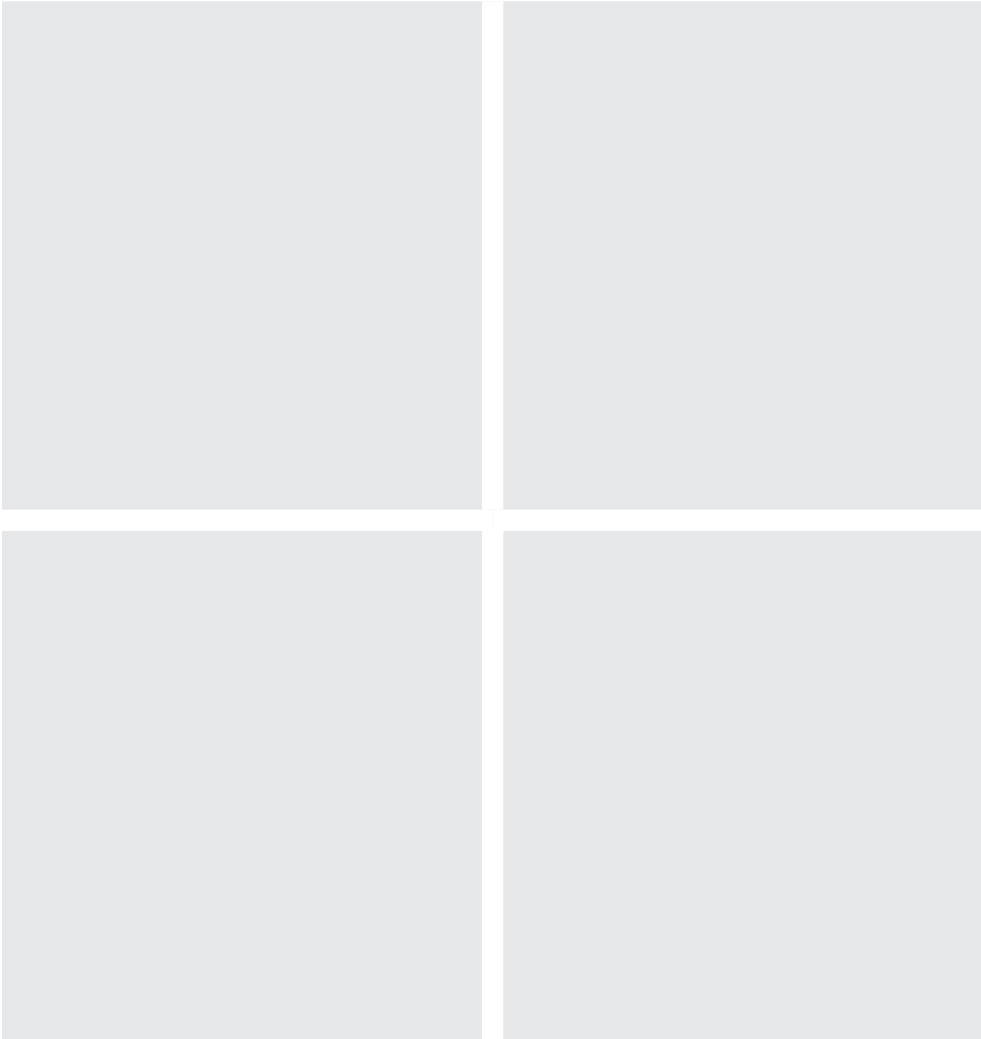


Potential Sunday



TAKE IT HOME

In the spaces below, draw a few important gifts that you've either given or received and explain why each one is especially meaningful for you. For example, you might draw a souvenir your parent brought back from an international business trip. The gift may remind you that even though you were thousands of miles apart, you were never far from your parent's thoughts. Or you might draw a dandelion that your child gave you. The "flower" may be a heartwarming reminder of your child's innocent love of beauty and desire to share it with you.

A 2x2 grid of four large, empty gray squares, intended for drawing. The squares are arranged in two rows and two columns, separated by thin white lines.

TAKE IT HOME

For better or worse, daily life in a household presents countless opportunities for acts of service. Rate the following chores according to how much you and your spouse dislike doing them (0 = Don't mind at all; 10 = Absolutely despise). Place an "X" on the line to indicate your feelings about that chore and an "O" to indicate their feelings.

Washing the dishes

0 1 2 3 4 5 6 7 8 9 10

Vacuuming the floor

0 1 2 3 4 5 6 7 8 9 10

Doing the laundry

0 1 2 3 4 5 6 7 8 9 10

Walking and picking up after pets

0 1 2 3 4 5 6 7 8 9 10

Doing yard work

0 1 2 3 4 5 6 7 8 9 10

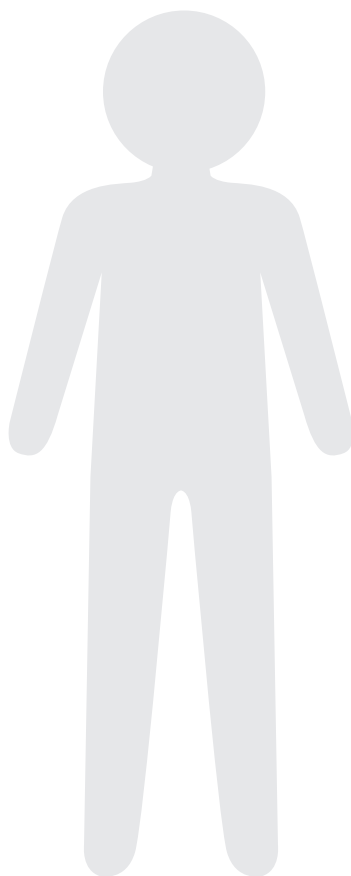
Washing the car(s)

0 1 2 3 4 5 6 7 8 9 10

TAKE IT HOME

“In marriage, the touch of love may take many forms. Since touch receptors are located throughout the body, lovingly touching your spouse almost anywhere can be an expression of love.” With these words of Dr. Chapman in mind, consider the universe of possibilities available to you as you learn to speak the love language of physical touch.

Using arrows to point to the corresponding body parts, write down as many ideas as you can think of for showing love to your husband or wife through physical touch. Consider everything from brushing your spouse’s hair to giving him or her a foot massage.



MAXIMIZING YOUR TOUCH POTENTIAL

Below you'll find charts representing a normal weekday, a normal Saturday, and a normal Sunday in your household. Each chart is divided into six four-hour increments. For each one, estimate the number of physical touches you give your husband or wife during that time period. Give a few examples of the types of touches you might give during that time. For example, from 6:00 a.m. to 10:00 a.m. on a weekday, you might give a good morning kiss when you wake up and a goodbye kiss when you leave for work. From 10:00 a.m. to 2:00 p.m. on a Saturday, you might sit with your arm around your spouse while you watch your child's soccer game. Or you might playfully wrestle for the hose while you wash the car together. Try to be as accurate as possible in your estimates.

After you've thought about the way things are now, think about the way things could be if you prioritized physical touch with your husband or wife. How many more touches could you squeeze into your weekday evening hours? Or your Saturday afternoons? Or your Sunday mornings? What additional types of touches can you add to your repertoire?

NORMAL WEEKDAY

	NUMBER OF TOUCHES ON A NORMAL DAY	TYPES OF TOUCHES ON A NORMAL DAY	POTENTIAL NUMBER OF TOUCHES	ADDITIONAL TYPES OF TOUCHES TO TRY
6:00 a.m. to 10:00 a.m.				
10:00 a.m. to 2:00 p.m.				
2:00 p.m. to 6:00 p.m.				
6:00 p.m. to 10:00 p.m.				
10:00 p.m. to 2:00 a.m.				
2:00 a.m. to 6:00 a.m.				

SATURDAY

	NUMBER OF TOUCHES ON A NORMAL DAY	TYPES OF TOUCHES ON A NORMAL DAY	POTENTIAL NUMBER OF TOUCHES	ADDITIONAL TYPES OF TOUCHES TO TRY
6:00 a.m. to 10:00 a.m.				
10:00 a.m. to 2:00 p.m.				
2:00 p.m. to 6:00 p.m.				
6:00 p.m. to 10:00 p.m.				
10:00 p.m. to 2:00 a.m.				
2:00 a.m. to 6:00 a.m.				

SUNDAY

	NUMBER OF TOUCHES ON A NORMAL DAY	TYPES OF TOUCHES ON A NORMAL DAY	POTENTIAL NUMBER OF TOUCHES	ADDITIONAL TYPES OF TOUCHES TO TRY
6:00 a.m. to 10:00 a.m.				
10:00 a.m. to 2:00 p.m.				
2:00 p.m. to 6:00 p.m.				
6:00 p.m. to 10:00 p.m.				
10:00 p.m. to 2:00 a.m.				
2:00 a.m. to 6:00 a.m.				

TIMELINE

“Love doesn’t erase the past, but it makes the future different.” To fully appreciate the potential in that sentence, you need to consider your specific past, present, and future—the timeline of your relationship with your spouse.

On the timeline below, mark some of the major past events, highlights, or periods of your relationship. For example, some couples experience the “Seven-Year Itch.” Maybe you experienced the “Six-Month Honeymoon” or the “One-Year Break” or the “Two-Year Constant Argument” or the “Three-Year Boredom” or the “Eight-Year Staying Together for the Kids.”

After you’ve marked the past section, turn your attention to the future. Think of milestones you anticipate reaching with your husband or wife once both of your love tanks are full. They might include anything from recapturing the giddiness of your early days of dating to encouraging one another to reach specific personal goals to celebrating your golden anniversary surrounded by your family and friends.



PAST

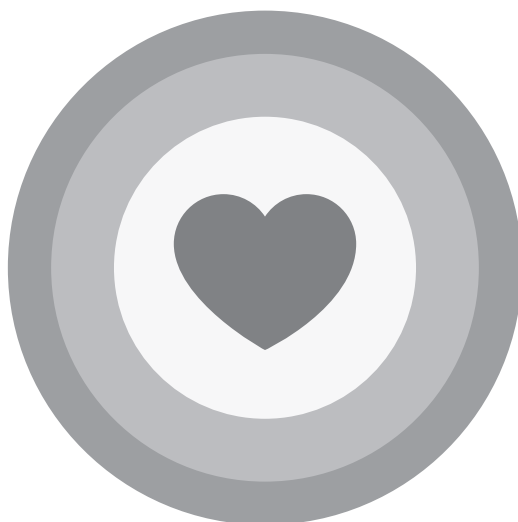
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FUTURE

TAKE IT HOME

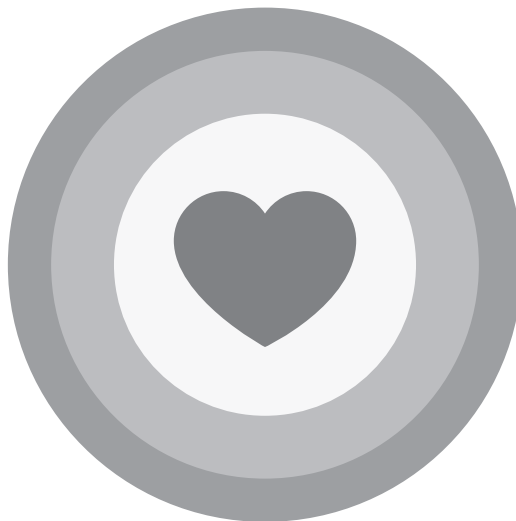
In Dr. Chapman’s story about John and Susan, Susan didn’t feel any love coming from John. This frustrated John, who saw himself as showing all kinds of loving actions toward Susan. Figuratively speaking, he seemed to be firing arrow after arrow at the target of Susan’s love language. He prepared dinner. He vacuumed. He did the yard work. He folded clothes. The problem was, John was aiming at the wrong target. He assumed Susan’s love language was acts of service because that was his love language. It’s a common mistake. Chances are, you’ve made a similar one. We all have.

On the target below, write the love language that you mistakenly assumed was your spouse’s primary language. Draw and label arrows to indicate the different ways you tried to speak that love language and show love to them. For example, let’s say you assumed their love language was physical touch. You might have tried back rubs, holding hands while you walk together, and hugs all to no avail.



THE RIGHT TARGET

When John learned that Susan’s actual primary love language was quality time—with the specific dialect of quality conversation—he was able to be more accurate with his “arrows.” Armed with similar knowledge, you can be more accurate as well. On the target below, write your spouse’s actual primary love language. Draw and label arrows to indicate ways you can show love to him or her in a way that resonates powerfully.



TAKE IT HOME

The question Ann asked Dr. Chapman—“Is it possible to love someone you hate?”—drives home the point that many couples fail to consider when they marry: people change. Obviously, Ann and Glenn didn’t hate each other on their wedding day; otherwise, they wouldn’t have committed themselves to each other for the rest of their lives.

But something happened after the “I dos.” Ann and Glenn changed. Maybe they reverted back to the people they were before their courtship. Maybe they brought out aspects of each other that surprised them both. While some changes were probably gradual, others may have been frighteningly quick.

Can you empathize with them? On one side of the illustration below, list some changes you’ve noticed in yourself since you got married. Be honest, even if some of the changes aren’t necessarily flattering. On the other side, list some changes you’ve noticed in your spouse.



How have those changes affected your closeness with your husband or wife? Draw stick figures of you and your spouse to show how close the two of you were when you got married. Then draw two more stick figures to show how close the two of you are now.