

The essential companion book for
The 5 Love Languages®

This workbook provides lessons—designed for individuals, couples, or small groups—focused on the invaluable love language™ content. It includes interactive questions, quizzes, charts, and diagrams—all aimed at helping you better express love and identify areas for development.

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WHAT HAPPENS TO LOVE AFTER THE WEDDING?

LESSON

1

INSTRUCTIONS: Complete this first lesson after reading chapter 1 (“What Happens to Love After the Wedding?” pp. 11–16) of *The 5 Love Languages*.



Love languages: five distinct methods people use to communicate and receive emotional love.

Primary love language: the love language that most profoundly impacts a person and causes him or her to feel loved.

OPENING QUESTIONS

1. What’s been your experience in learning—or trying to learn—a second language? How adept were you in learning the language? What were your biggest challenges?

2. Understanding love languages involves celebrating our differences. In what ways are you and your spouse different? Which differences present the biggest challenge?

THINK ABOUT IT

3. In chapter 1, Dr. Chapman tells the story of a man he met on an airplane. What red flags do you see in the man's relationship history that highlight the need to learn our spouse's primary love language?
4. Put yourself in the man's position. You find yourself seated next to a renowned relationship expert who invites you to share your relationship history with him. What would you tell him? How would you summarize your major romantic relationships? What common threads do you think Dr. Chapman would find in those relationships?
5. **"Keeping love alive in our marriages is serious business."** That's why, as Dr. Chapman explains, you can find advice in countless books, articles, TV and radio shows, and websites. List some of the pros and cons of turning to these sources for relationship advice.
6. Dr. Chapman writes, **"Most of us grow up learning the language of our parents and siblings, which becomes our *primary* or native tongue."** That goes not just for verbal and written language but, to a certain extent, for love languages as well. Who were the primary influences on your love language? Who shaped your thinking about what it means to show love to someone else? In what areas do you see their influence on your life?

7. No one would expect you to become fluent in Portuguese in a week, a month, or even a year. The same goes for becoming fluent in a second love language. Why is trial and error an important part of becoming fluent in your spouse's primary love language?

8. **“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.”** This reality check from Dr. Chapman highlights the challenge couples face when it comes to giving and receiving love in meaningful ways. On a scale of one to ten, with one being “Mass Confusion” and ten being “Perfect Understanding,” how would you rate you and your spouse's emotional communication? How do you think your husband or wife would rate it? Where do you see room for improvement?

9. According to Dr. Chapman, what is the key to a long-lasting, loving marriage? What steps can you take to prepare for the challenge involved?

TAKE IT HOME

Thomas Edison once said, “I have not failed. I’ve just found 10,000 ways that won’t work.” In your relationship with your spouse, you’ve probably found several different ways of showing love that didn’t work as you’d hoped. That doesn’t mean you failed—not if you learned something from them.

In the table below, list a few strategies you’ve used to show love to your husband or wife. Write down how they responded to each one, how you reacted to their response, and what you took away from each experience.

For example, maybe you once planned a romantic evening, complete with candlelight, soft music, petals—the works. Instead of being wowed, however, maybe your spouse just played along to spare your feelings. That may have left you feeling annoyed or embarrassed. Your takeaway may have been that what works in romantic movies doesn’t always work in real life.

STRATEGY	YOUR SPOUSE'S RESPONSE	YOUR REACTION	YOUR TAKEAWAY

THE TREK BEGINS

You're about to embark on a life-changing journey with your spouse. Before you do, take a few minutes to assess where you are right now. Give yourself a baseline you can use months and years from now to measure the growth of your relationship.

Describe your relationship with your husband or wife as it stands right now.

What's your motivation for beginning this study?

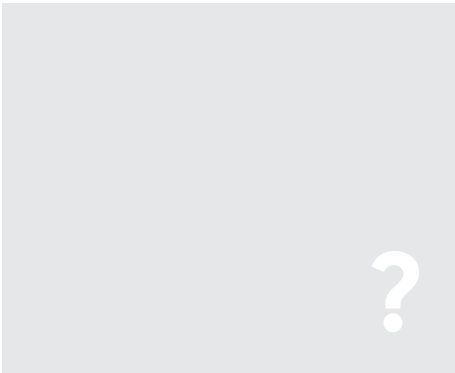
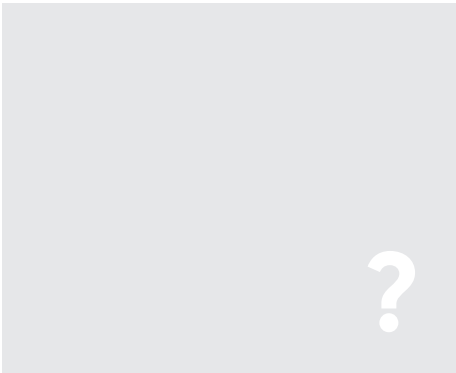
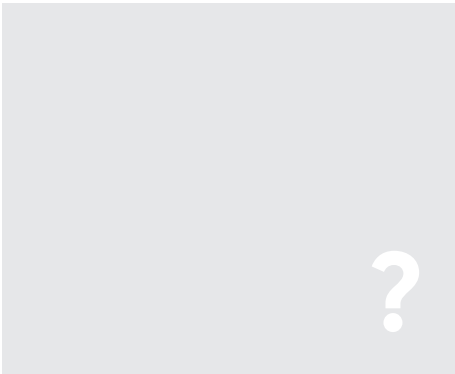
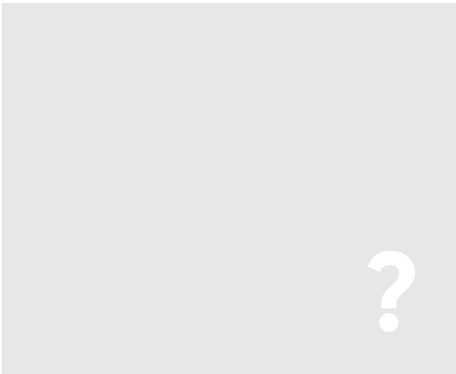
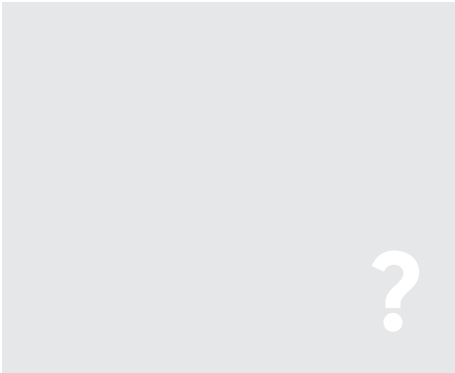
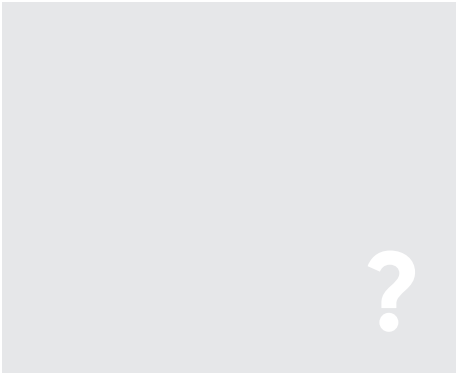
What's your ideal outcome? What do you want to happen as a result of this study?

What strengths do you possess that will help you achieve your goal?

What challenges do you foresee in applying the principles of *The 5 Love Languages* in your relationship?

LOVE CHALLENGE

Communication is the key to success in learning to show love to your spouse in a meaningful way. What specific questions will you ask your husband or wife this week to help guide your efforts to learn their primary love language?



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