

**The essential companion book
for *The 5 Love Languages*®
*Singles Edition***

You want to be able to love and truly feel loved in return. This book—designed for individuals or small groups—helps you take the joy-filled insights of *The 5 Love Languages Singles Edition* and **put them into practice.**

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SINGLE ADULTS: SIGNIFICANT AND GROWING

LESSON

1

INSTRUCTIONS: Complete this first lesson after reading chapter 1 (“Single Adults: Significant and Growing,” pp. 17–22) of *The 5 Love Languages: Singles Edition*.



Primary love language: the method of communicating and experiencing emotional love that most profoundly impacts a person and causes him or her to feel truly loved.

OPENING QUESTIONS

1. When you were a kid, what did you imagine your life would be like as an adult? What shaped your thoughts about what adulthood would be like? How closely does your life as an adult resemble your childhood imaginings? Explain.

2. What are some things about adulthood that you failed to account for as a child? What things did you not understand then that you understand all too well now? Do you feel properly prepared for life as a single adult? Explain.

THINK ABOUT IT

3. Dr. Chapman begins the chapter by citing some surprising statistics. For example, 50.2 percent of all American adults are single. Twenty percent have never married. Eighty-seven percent of separated couples eventually divorce. Which statistical categories do you fall in? How does it make you feel to know that so many other people have experienced—or are experiencing—situations that are similar to yours?

4. If you were to list the top needs in your life right now, where would the need to give and receive emotional love rank? Explain. Have there been times during your single adulthood when that need ranked higher or lower in your life? If so, why?

5. Why is giving and receiving love essential to every single adult's sense of well-being?

6. Certainly no one wants to think about facing the kind of life-altering situation Rob experienced. But if you found yourself in need of that kind of care and assistance, who would you turn to? Explain.

7. Who among your circle of friends, family, and acquaintances would turn to you for help if they faced the kind of situation Rob faced? What qualities make you the type of person others turn to for help?

8. Dr. Chapman writes, **“Unfortunately, most single adults (and most people in general) have spent more time thinking about technology than they have studying love.”** From your perspective, what’s been the result of these misplaced priorities?

9. Dr. Chapman’s theory is that **“many of us in Western culture have never been serious students of love. We haven’t taken it seriously enough to learn how it actually works.”** What would be the best-case scenario for you if you became a serious student of love? What changes would you like to see in your life—and in your relationships—as a result of this study?

TAKE IT HOME

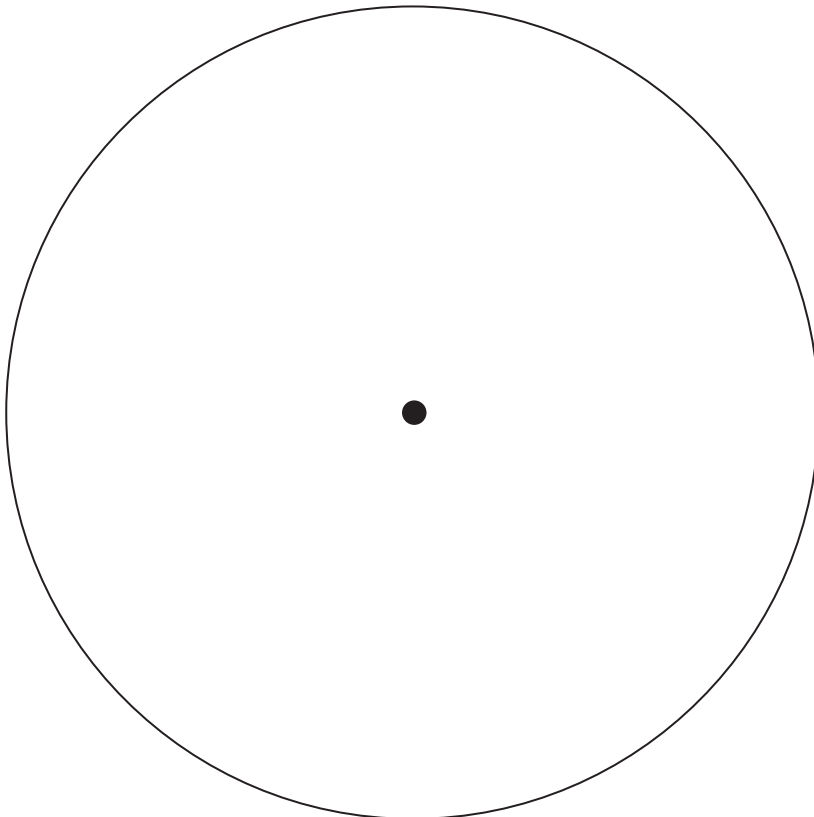
The apostle Paul said, “I have learned to be content whatever the circumstances” (Philippians 4:11). Sometimes contentment is hard to find, especially when it seems that other people are living the life you want. That goes for both married people and singles. One of the best ways to find contentment in your own life is to discover the truth about other people’s lives—the reality behind the surface. Here’s a chance to do that. Find people in your circle of acquaintances who meet the following criteria and ask each of them one simple question: “What do you wish people knew about being _____?” Record their responses below.

Happily single	
Unhappily single	
Divorced	
Happily married	
Unhappily married	
Widowed	

CIRCLE OF LOVE

Rob, the man Dr. Chapman met at the Grand Canyon, offered a compelling testimony of the power of love in the life of a single adult. Rob believed that his remarkable recovery from a near-fatal hiking accident was due to the love of his parents and a female friend. Their encouragement and prayers gave him hope and motivation. Rob understood how blessed he was to have such loving people in his life.

Think about the loving people in your life. In the circle below, the dot at the center represents you. Draw and label Xs around the circle to represent the people who pray for you and offer you encouragement, support, hope, and motivation. The closer the Xs are to you in the circle, the closer those people are to you in your daily life. When you're finished, use the chart during your prayer time to thank God for the people He's surrounded you with.




LOVE CHALLENGE

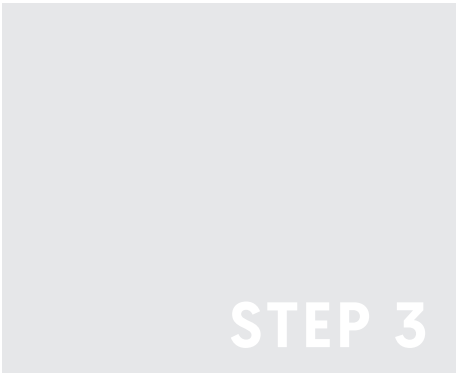
What steps will you take this week to start your journey toward becoming a serious student of love?

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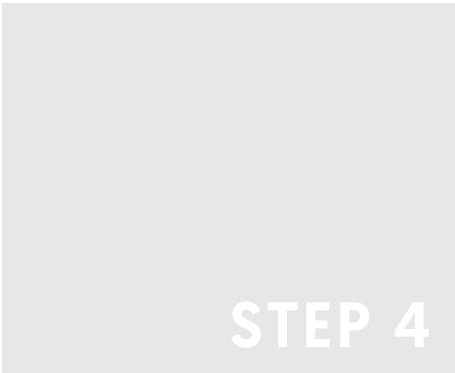
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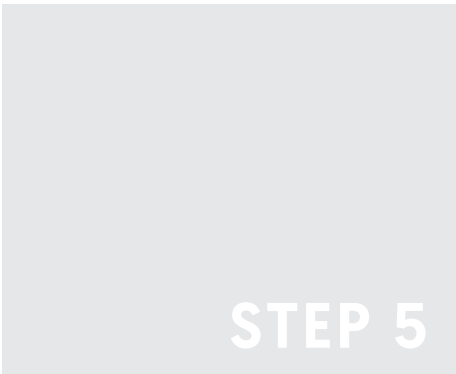
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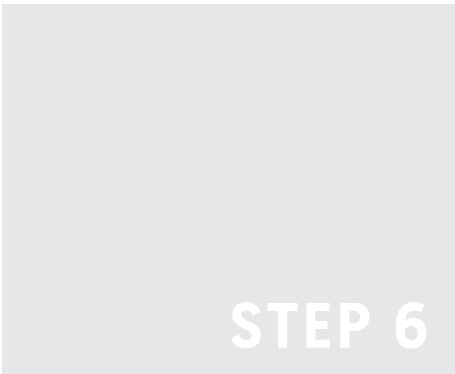
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STEP 6

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OBJECTIVE

In reading this chapter, you will discover how learning to speak love and appreciation in a language another person can receive is the key to enhancing all human relationships.

THIS IS IT: THE KEY TO YOUR RELATIONSHIPS

LESSON

2

INSTRUCTIONS: Complete this second lesson after reading chapter 2 (“This Is It: The Key to Your Relationships,” pp. 25–34) of *The 5 Love Languages: Singles Edition*.



Obsessive love: the stage of a relationship marked by irrational romantic thoughts, including the notion that your partner is perfect—or at least perfect for you.

Covenant love: the stage of a relationship in which the illusions of perfection evaporate and the flaws in your partner—and the differences between you—become all too obvious.

OPENING QUESTIONS

1. What word best describes your relationship with your father? Explain. What word do you wish best described your relationship with your father? Why is that not possible? What is the biggest impact your relationship with your father—or lack thereof—has had on your life? Explain.

2. What word best describes your relationship with your mother? Explain. What word do you wish best described your relationship with your mother? Why is that not possible? What is the biggest impact your relationship with your mother—or lack thereof—has had on your life? Explain.

THINK ABOUT IT

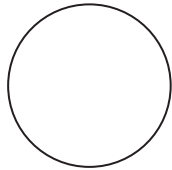
3. Dr. Chapman says, **“I would be so bold as to suggest that life’s greatest happiness is found in good relationships, and life’s deepest hurt is found in bad relationships.”** Describe an experience from your own life in which you’ve found that to be true.
4. Dr. Chapman reminds us, **“Some single adults have felt unloved by one or both parents.”** What might these single adults do to compensate for their emptiness? What question do they need to ask themselves in order to build positive relationships with other adults?
5. **“Western society is largely addicted to romantic love—yet at the same time we’re very ignorant of the facts about love.”** What inaccuracies get in the way of our understanding of what love really is?
6. According to Dr. Dorothy Tennov, what is the average life span of the obsessive stage of love? What happens during this initial “in-love” stage? What type of irrational thoughts tend to cloud people’s judgment during this stage of love?

7. What are the differences between obsessive love and covenant love? How can a tarnished obsessive love be reborn as a covenant love?
8. What usually happens when we rely on our natural tendencies in choosing a love language to speak? What do you take away from Sam's experience of dating someone who didn't feel loved despite his best efforts?
9. In addition to dating couples, what other relationships can benefit from learning to speak someone's primary love language? What can happen to those relationships if one person doesn't learn to speak the other person's primary love language?

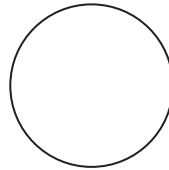
TAKE IT HOME

Dr. Chapman points out that our relationships with our parents have a big impact on our relationships with others. In what ways is that true for you? On the chart below, draw a line from the circle representing your father to the circle representing you. Along that line, write words and phrases that describe your relationship with him. Then do the same with your mother.

For the three circles on the bottom row, write the names of your significant other and/or friends with whom you have a close relationship. Draw a line from yourself to each one and then write how your relationship with your parents can be seen in each of your other relationships. For example, if there was insecurity in your relationship with your father, you may have trouble trusting your friends.



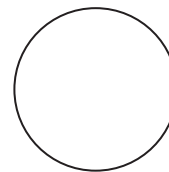
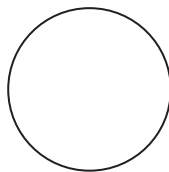
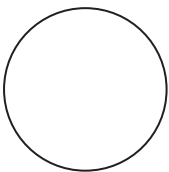
FATHER



MOTHER



YOU



FROM OBSESSION TO COVENANT

Think about how you've seen obsessive love play out in your life or in the life of someone close to you.

How did it start?

What did the “tingles” look like in the relationship?

How long did they last?

What were the signs that the tingles were wearing off?

What happened to the relationship at that point?

What was—or would have been—the key to making the transition from obsessive love to covenant love?

LOVE CHALLENGE

Dr. Chapman writes, **“All of us experience changes in relationships, but few of us stop to analyze why a relationship gets better or worse.”** Here’s your chance to do some analysis. Think of a relationship in your life that’s gotten worse. What steps can you take this week to begin to correct that trend?

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

Use this space for more notes, quotes, or lessons learned from the chapter.

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