

Arise In Your Queen

ATTRACT YOUR KING

Using Love Languages In Relationships

I want to welcome you back Sister Queen to **Module 1 - Attraction Vs Action.**

And today's lesson is called **"Using Love Languages In Relationships"**

Let's start today with a quote:

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage ~ Lao Tze

Firstly, this salon is ultimately about love.

This learning about how to be in conscious relationships makes that more and more possible and real.

Now, the reason why I've got you to read **The 5 Love Languages** by Gary Chapman is that I found that this beautiful model, I found it to be very simple but profound as a basic deep foundation with which to understand yourself and your partner in a much deeper and essential way.

Today you will learn:

1. Your Love Languages
2. Love Languages As Core Desires/Needs
3. Learn Your Partners or Dates Love Language
4. Learn How to Speak Their Dialect

And through the lens of this beautiful model, The **5 Love Languages model**, I want you to recognize that as you identify your own love language or love languages, and honestly, there's two main ones, that this is a core need and desire of yours. I want you to recognize it as that important and that essential. This is going to start to play into when I teach you more about communicating with your partner, communicating needs and desires, and it's going to play into how we talk about making requests and versus demands as we move forward. But that is not our topic today.

Your Love Languages As Core Needs

So back to love languages, this beautiful foundational model that we're going to be looking at throughout the rest of the salon. Now, I'm not going to repeat the book to you today because by now, you should have read the book. But I do want to highlight a few key things with you today.

I'm hoping you've also taken the opportunity to **take Gary Chapman's quiz on 5lovelanguages.com**. You want to take the quiz in order to determine what your love languages are.

But honestly, this model is so simple and so beautiful that you just need to read the book.

You just need to say the five love languages to somebody and they can usually identify which are theirs.

However, I do want to read a few key things from the book as we proceed here. These are a few key paragraphs, some of which are very slightly adjusted to speak about both you and them and to talk about the partner rather than necessarily the spouse because he does mention spouse a lot in the book.

And for many of us, it's a partner, okay. As in, you're not married or it's somebody that you're still dating.

Dr. Gary Chapman says these key things.

"Once you identify and learn to speak your partners primary love language, I believe that you will have discovered the key to a long lasting, loving relationship"

"Psychologists have concluded that the need to feel loved is a primary human emotional need. For love, we will climb mountains, cross seas, traverse desert sands, and endure untold hardships.

Without love, mountains become un-climbable, seas uncrossable, deserts unbearable, and hardship our lot in life"

"Inside every child is an 'emotional love tank' waiting to be filled with love. Much of the mis-behavior of children (and men) is motivated by the cravings of an empty "love tank"

"When you partners' emotional love tank is full and they feel secure in your love, the whole world looks bright and your partner will move out to reach their highest potential in life.

But when the love tank is empty and they feel used but not loved, the whole world looks dark and they will likely never reach their potential for good in the world"

"When your partner speaks your and you speak their primary love language and your emotional 'love tanks' are full, the sexual aspect of your relationship will take care of itself"

"Ignoring your partners love languages is like ignoring the needs of a garden; if you don't weed, water, or fertilize it, it will die a slow death"

"When you learn the emotional love language of your partner and speak it frequently, they will continue to feel loved. When you both come down from the obsession "in love" phase, they and you will hardly even miss it because your emotional love tanks will continue to be filled"

"When we feel loved by our partner, we can relax, knowing that your lover will do you no ill. You feel secure in their presence.

You may feel uncertain in your vocation. You may have enemies in other areas of life, but with your partner you feel secure"

And lastly,

" In the security of love, a couple can discuss differences without condemnation. Conflicts can be resolved. Two people who are different can learn to live together in harmony"

So those key framework phrases that I pulled from the book are important to understanding why this love language work is so powerful. Remember, I have read hundreds and hundreds of books about relationships, dating, masculine-feminine polarity and **the reason why I've chosen these three books is because of their profundity and efficacy**. There's a reason why these three books are the ones that are our curriculum for this salon together.

At this stage, I'm hoping that you're very, very clear on what your love languages are.

Sometimes, it's just one dominant and sometimes it's two. For me, the top two are equal and the others barely factor at all, okay? And so in understanding and knowing intrinsically your own love language, then you're going to be able to ask for your needs through the lens of your love language.

Learn Your Partners or Dates Love Language

Now, it's equally important that you gauge the love language of your partner and/or of your date. Now if it's a partner and you're already in a relationship, clearly, you want to know their love language because you want to be able to speak to them in their language. And we're going to talk a bit more about speaking to them in their dialect, which is a sub-category of the love language. And this is where you get to be playful and experimental with this.

You can't go wrong with this.

This is about learning how to love better, how to love more deeply and effectively in a way that you and your partner feel each others love.

These love languages are so beautiful because we apply it not only to our primary partners of course, we apply it to our friends, we apply it to our children and we apply it to our family.

I'm going to give you an example of a failed love language exchange and it's unfortunately between my mother and me.

One of the things that Gary Chapman states and tells in his book is that we don't develop these love languages out of deficit, we probably incarnated with these as essential to us. And so my primary love language is physical touch and quality time, they're exactly equal and my mother's primary love language is gift-giving.

Now, what we tend to do is express love through our primary love language because it's innate to us. It's natural for us to love in that way, because it speaks so deeply to us.

But I really want to impress and implore here how much of a mistake that is.

This is why this work is so powerful, this book, this model, because:

*If we continue to love people **only** through our own dominant love languages, not everybody is going to feel loved.*

We might be expressing love but they will not receive it as love.

My mother's primary love language is gift-giving. So her way throughout my entire life of expressing and showing love for me was through gift-giving. For me, gift-giving literally doesn't factor at all in my love languages. Now, I'm grateful when people give me things, it's lovely, I'm grateful.

I'm grateful. But it doesn't make me feel loved.

What did that portend to? That portended to me as a little child in a massive love tank deficit. She didn't touch me, she barely lifted me up and as soon as I was too heavy, she made it clear that she was never going to lift me up again. She didn't spend much time with me. All I remember is being alone like that's what I remember as a child, is being alone. My father was off working most of the time, so he wasn't around. And even when my mother was around, she didn't play with me, she didn't engage me, right? So my love tank was getting more and more depleted.

I'm using this to illustrate a point of how:

It's really important to make the effort to learn the love languages of people close to you.

Now, I wanted to just digress a tiny bit on doing this with dates. Now, if you are dating. When I was dating, and once I was kind of in a groove, say, it's third date and to get me to a third date takes quite a bit, or took quite a bit. Okay. Other times someone's got me to a third date or maybe a fourth date, then I'm interested. I'm feeling, I'm moving forward with this person.

And what I would do is lightly over dinner or drinks or something, I would bring up the love languages. "Oh hey, have you heard of this thing called *The Love Languages*?" And they'll usually say no because most people haven't. And I'll say, "It's such a beautiful model and this concept goes like this: there are five love languages that we experience love through." And then you tell them the five love languages. ...and I can promise you they will almost always say, "Oh, I'm pretty sure mine's words of affirmation." "Oh, I'm pretty sure mine's acts of service." "Oh, I'm really sure that mine's physical touch."

And so it's a light thing that you can bring early, early in the conversation. And then you can also say, "Well mine's physical touch and mine -- oh, mine's gifts. I feel really loved by receiving gifts." Or, "Mine's physical touch, I literally starve without touch."

And it's a gift to them because you're starting to tell them how you receive love, right? And if he's somebody who's interested and who's leaning in, he's going to hear that, trust me, he's going to hear that, and he's going to want to provide for you through your love language.

The 5 Love Languages

What I want to do now is I want to read some highlights from the actual love languages in the book. I want to encourage you to re-read the chapters about your and your partner's love languages and specifically, in a line of diving deep into their potential dialect. And I implore you to be playful with these, try things and remember that this is about loving, and it's about loving more, and loving more deeply. You can't go wrong with the experiments here.

Let's proceed here. Love language number one is **WORDS OF AFFIRMATION**.

And I want to digress before I dive into these because I want you to know that for all men, whether they're identified first or not, words of affirmation are fundamental in your communication with them. Fundamental, okay? Appreciation and praise, we're going to learn about this in the next modules, is so important to the masculine. Speaking positive affirmations, positive phrases, and positive desires really speaks to the masculine.

So, **in words of affirmation, verbal compliments are far greater motivators than nagging words**. It is, in fact, that when we receive affirming words, we are far more likely to be motivated to reciprocate and do something our partner desires. So, when you, as a partner who has a partner with words of affirmation, what you basically try to communicate and encourage is:

“I know,” “I care,” “I’m with you,” “How can I help?”

In fact, I pretty much said exactly those words to my partner last night because he's going through something at the moment. We are trying to show that we believe in him and his abilities. We are giving credit and praise.

Now, we're going to go into this more deeply, okay, that:

Love makes requests, not demands. When I demand things from my partner, I become a parent and him, the child.

This is an important one. You do not want to get into that parental child dynamic with men. If, however:

When we make our needs and desires known in the form of a request, we are giving guidance, not ultimatums

... really important in the masculine-feminine dynamic, okay?

I'm going to proceed to **QUALITY TIME**, love language number two.

This is important distinction here. By quality time, I mean giving someone your undivided attention. If your partner's primary love language is quality time, he simply wants you being with him, spending time, the right kind of time. It isn't enough to just be in the same room with someone. **A key ingredient in giving your spouse quality time is giving them focused attention**, especially in this era of so many distractions.

When a father is sitting on the floor, rolling a ball to his two-year-old, his attention is not focused on the ball but on the child. For that brief moment, however long it lasts, they are together. If, however, the father is talking on the phone while he rolls the ball, his attention is diluted. Some husbands and wives think they are spending time together when in reality they're only living in close proximity. They're in the same house at the same time, but they're not together. A wife who is texting while their husband tries to talk to her is not giving him quality time because he does not have her full attention. Now, on that, I just want to be clear, it doesn't mean if you're a quality-time person like myself, I don't require it all the time, I just require it in chunks of focus, ok.

And then let's move on to love language number three, **RECEIVING GIFTS**.

A gift is something you can hold in your hand and say, "Look, he was thinking of me or she remembered me." The gift itself is a symbol of that thought. It doesn't matter whether it costs money. What is important is that you thought of him or her, and it is not the thought implanted only in the mind that counts, but the thought expressed in actually securing the gift and giving it as the expression of love. **Gifts are visual symbols of love.** To the individual whose primary love language is receiving gifts, the cost of the gifts will matter little unless it is out of line with what you can afford. Gifts may be purchased, found, or made.

Acts of service, love language number four, **ACTS OF SERVICE**.

By acts of service, I mean, doing things you know your spouse would like you to do. You seek to please her by serving her to express your love for her or him, by doing things for them. Back to requests, not demands. We can request things of each other, but we must never demand anything.

Requests give direction to love, but demands stop the flow of love, so important whether this is your love language or not.

Requests give direction to love but demands stop the flow of love.

Now, this is important. **If partners' love language is acts of service, then actions speak louder than words.**

And love language number five, **PHYSICAL TOUCH**.

Babies who are held, stroked, and kissed develop a healthier emotional life than those are left for long periods of time without physical contact. All sorts of studies have been done on this.

Holding hands, kissing, embracing, and sexual intercourse are all ways of communicating emotional love to one's partner. To the person whose primary love language is physical touch, the message will be far louder than the words, *"I hate you" or "I love you."* A slap in the face is detrimental to any child but it is devastating to a child whose primary love language is touch.

Lovingly touching your partner almost anywhere can be an expression of love. That does not mean that all touches are created equal. Some will bring more pleasure to your partner than others. Learn to speak their love dialect.

Okay, good, good. That's what I wanted to pass about the key factors of the various love languages.

I'm going to give you some homework on this.

So, when you're trying to figure out your primary love language, it helps to look back over the relationships that you have had or are in and ask yourself these three questions, these three questions to dive deeper. The first one is:

What does your partner do or fail to do that hurts you most deeply?

Now, what that means is the opposite of that is probably one of your primary love languages, okay?

And two:

What do you most often request of your partner? What do you most often request of your partner?

That's going to be a high indication of a love tank need that's needing to be filled, okay?

And three:

In what way do you regularly express love to your partner? In what way do you readily express love to your partner?

Now, the way that we most easily express love is through our primary love languages. It's innate to us. It makes sense to us. And without this model, you may have thought that there's some deficit in people that don't speak your love language, right?

What's so beautiful about this for me is it illuminated to me the things that aren't my primary love language, are really important to other people.

I remember this situation, I had just taught a training. I had 77 students in the room. I had 10 assistants. It was a very big course. We've just done a seven-day immersion course in this. And my key

person was a woman -- this was when I was on fulltime retreat. She was living in my building. And she's such a great lady, such a wonderful lady. And I realized, I had this huge epiphany -- oh, words of affirmation and gift giving were her primary love languages. And she kept showing it to me by giving me things and affirming things to me.

So, at the end of the course, in my way of showing gratitude to her that I totally spoke her love languages to her by something I wrote to her in thanks and a gift I gave to her. And she was over the moon -- over the moon. And she really felt the love, and the thanks, and the gratitude, but mainly, the love. I could talk to her in her dialect.

And you know, see, what this model's going to teach you is that you start to listen for, look for, and pay attention to what people's love languages are. If love matters to you, which it intrinsically does to me, I want to make sure that it's being expressed to people that I care about.

Now, it's tricky for me because I have people close to me that don't live near me and being a physical touch and quality time person, that's hard to work around, you know, that's a tricky one, right?

But the other ones can often be expressed a lot more easily at a distance or when you'll be separated from your partner through travelling or conferences or whatever. But I just want to, you know, understand that the quality time and physical touch people, like myself, it's a little bit trickier when we're at a distance. And you've got to be creative around that. You've got to be creative in that -- when this -- the reunion as in when the part that comes back that your love tank gets filled up again, right?

In Review, what you've learned today is:

1. Your Love Languages
2. Love Languages As Core Desires/Needs
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Okay, my love. So, had a beautiful time sharing with you about love languages. It's a precious wonderful, wonderful work and I hope you've enjoyed it. We've had a little bit of homework to do there and I want to make sure that you really get this and you really understand your love languages and that you use it in your relationships in a way that brings more love, intimacy, and joy into your relationships and your daily experiences.

All right, lovely. Cheers to you...and I will see you next week.

Now, head on over to the ***"Arise In Your Queen Facebook Page"*** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson ***"Stop Emasculating Men"***