



# UNDERSTANDING YOUR SPOUSE'S LOVE LANGUAGES

*PARLEZ-VOUS MARRIAGE?*

By Kerry and Penny Rose



**I**n French, “*Parlez-vous?*” means, “Do you speak?” If you travel to Paris on a romantic vacation you might ask your taxi driver, “*Parlez-vous anglais?*” Or if you’re in Mexico looking for a restaurant, you might ask a local, “*¿Cuál restaurante?*”

Who would have thought that getting married is like journeying to a foreign country? Your spouse obviously speaks a different language than you. Some of the things you say are misinterpreted. When you act one way, your other half reacts another. You need a translator, quick! It’s time to learn each other’s love language.

Everyone has a love language. We are usually drawn to people who speak a different language than our own. Just as you shouldn’t travel to a foreign country and expect the people there to speak English, you shouldn’t marry someone and expect them to understand how you express your love—or change how they express their love. It’s important to recognize your mate’s love language and identify your own language. Here are the Five Love Languages described by Dr. Gary Chapman:

1. **QUALITY TIME:** giving someone else the gift of yourself and time; undivided attention; undistracted encounters; being completely focused on another person in the moment



2. **VERBAL AFFIRMATION:** using words of praise and love to build another person's sense of self-worth; words of acknowledgment or appreciation
3. **GIFT GIVING:** big or small tokens of appreciation; a memento demonstrating love for another person
4. **ACTS OF SERVICE:** using your time, energy, or resources to serve someone else; doing chores; running errands; putting another's need above your own
5. **PHYSICAL TOUCH:** touching another person, whether for grooming, healing affection, or comfort

Not all of the “languages” involve words—most are action oriented. To learn another's language involves selflessness—putting the needs of the person you love above your own. You may be a quiet man, while your wife's love language is Verbal Affirmation. You know this because she always tells you what a great job you're doing, what a fine father, etc. You, on the other hand, told her you loved her when you got married. Isn't that enough? No. She craves affirmation. Think of the things you love about her—then tell her! You'll be amazed at her positive response.

Perhaps you're a modest woman, not given to public displays of affection. Your husband's love language is Physical Touch. You know because he reaches for your hand at the movie. He pats your back when he passes by. He snuggles in bed. Surprise him by touching him first. Slip your hand through his arm when you're walking. Initiate intimacy. He'll be a happy man.

Immerse yourself in your other half's love language. Watch what they do to show their love. Listen to the way they speak endearments. Try to “speak” and exhibit their language rather than always operating in your own. Then you'll respond to the question, “*Parlez-vous marriage?*” with a resounding, “*Oui, we do!*”

<sup>1</sup> Gary Chapman, The 5 Love Languages, [www.5lovelanguages.com/learn-the-languages/the-five-love-languages/](http://www.5lovelanguages.com/learn-the-languages/the-five-love-languages/). Used with permission.