

The Language of Love:

Deepen Your Relationship
With Loving Communication



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*The quest for love may be exciting, but the journey
you embark on once you've found **true** love
is much more spectacular...*

The Language of Love: Deepen Your Relationship With Loving Communication



Just imagine sharing such a deep and everlasting passion that – even after 30 years together – your heart still skips a beat whenever you see each other. Envision everyday life with someone that thrills you so much that they're the one you check out at parties as they walk across the room.

How can you deepen your relationship to such a passionate level? ***One of the critical keys to developing and maintaining such a relationship is the language of love.*** What is this language and how can you master it? Simply speaking, it's loving communication.

Love language consists of many aspects besides simply speaking. It also includes *how* you speak, effective listening, body language, and being attuned to your partner's needs and desires.

It comes not only from the heart, but also from a conscious desire to live a passionate and joyful life together.

Whether you've just found each other, or you'd like to re-ignite the fire in your current relationship, the language of love can enable you to experience the happiness you've always desired.

This guide gives you tips and techniques that will start you on the road to a deeper, more loving relationship. ***Practice them each and every day.*** Once you've mastered these, your new mindset will never cease to bring you new ways to enjoy your love.

*"We waste time looking for the perfect lover,
instead of creating the perfect love."
~ Tom Robbins*

Trust

Trust is one of the most important characteristics of a loving relationship. When you and your partner can trust each other, it paves the way for effective communication. On the other hand, without trust, your partner might not believe anything you say and your good efforts may be brushed aside. So do everything you can to establish and maintain trust in each other!

Consider the following:

1. **Tell the truth.** Communication is much simpler when you tell the *whole* truth. Even if your partner doesn't like what you said or disagrees with

you, it's easier to deal with your differences when you're being honest.

❖ **Honesty builds your partner's trust and respect more than any other quality.** You can be great in every other quality, but that won't make up for dishonesty in your relationship!

2. **Follow through and do what you say you'll do.** Loving communication means more than just saying what your partner wants to hear. When you say you'll do something, then be sure to do it. Your partner *needs* to be able to trust you to do what you say.

❖ If you can't do something they want you to do, then work out a compromise that both of you are happy with. This way, you can tell the truth about what you're going to do and then you'll do it. No one has to nag, you build more trust, and everyone's happy!

*"If you tell the truth, you don't have to remember anything."
~ Mark Twain*

Effective Listening

When it comes to communication, listening is just as important as speaking and this is especially true with your partner. **When you make a concerted effort to let your spouse know that what they say is important to you, it makes them feel important and loved.**

Effective listening also prevents misunderstandings that can lead to arguments. It's easy to *assume* what your partner is saying without really listening, so you tune them out and miss what they are, indeed, saying.

Another biggie in this day and time is only *partially* listening while you surf the Internet or watch TV. In doing this, you may miss something crucial in what they're saying! Later, when something surprises you, your partner says, "*But I told you already. We discussed this!*"

Use these strategies to make effective listening part of your love language:

1. **Give them your full attention.** Turn off the computer, put down your book, turn down the TV – do whatever is necessary to show them that they have your complete attention. Then **look at them while they speak.**
2. **Use appropriate body language.** As your partner speaks, show them you're listening by nodding or smiling at appropriate times. These actions signal that you're paying attention and actually thinking about what they're saying.
3. **Let them finish.** Avoid interrupting before they've finished their thought.
4. **Repeat what they said in your own words.** When you're having a discussion, or even a disagreement, let them know you understand their complete meaning by rephrasing what they've said. This also clarifies it in your own mind.
5. **Ask questions.** If you don't understand something, ask questions rather than assume their meaning.

Once you really start listening to what your partner has to say, you might be surprised at what you hear. Once your partner *knows* that you listen and take whatever they're saying to heart, they'll likely feel free to open up to you and discuss things with deeper meaning.

Sharing your deepest thoughts brings a closeness you can never feel if listening to your partner isn't a priority!

*"I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel."
~ Maya Angelou*

Share Your Hopes and Dreams

Now that you're listening and talking on a deeper level, you can get to know your partner better and look toward the future when you share your hopes and dreams. Discuss them in detail.

- ❖ What have you always wanted to do?
- ❖ Where have you always wanted to go? Why?
- ❖ What's your dream job?
- ❖ What kind of car do you really want?
- ❖ What does the house of your dreams look like?
- ❖ Do you have a family yet? Do you want kids? Boys? Girls?

How many? Why?

- ❖ What beliefs are most important to you? Why?

As you envision your hopes and dreams together, begin planning how you'll make them happen. You'll now have some exciting things to work toward together! These are things you've wanted your whole life, and now ***the two of you can bring these dreams to fruition.***



"Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction."
~ Antoine de Saint-Exupery

When You Disagree (And You Will!)

There will inevitably be times when you disagree. This is human nature. After all, no matter how close you are, you're still two different people. However, disagreeing on something doesn't mean you need to escalate the situation into a fight each time!

This is where your love language may take some effort, but with practice, it will get easier and easier until it's almost second nature to disagree amicably.

Follow these strategies to use loving communication when you disagree:

1. **Remember your love for each other.** Even if you feel anger at the situation or at something your lover has done (or didn't do), **keep in mind that this person is the most important person in your life.** You may be angry about your partner's actions, but you still love them.
2. **Refrain from name-calling.** This can only bring about more negative feelings and never solves the problem.
3. **Focus on the current issue.** Avoid saying things like, "You always..." Discuss the current situation and leave past issues out of it.
4. **Use effective listening skills.** These skills, discussed in a previous section, are most important when you're having a disagreement.

Even though you're disagreeing about something, effectively listening to each other prevents misunderstandings and shows your love.

5. **Share your feelings.** Let your partner know your feelings so they can understand why you're upset. For example, maybe when your partner came home late for dinner, it upset you because you felt unloved and disrespected. Whatever it was, clarify it. **Avoid assuming that they know exactly how you feel.**
6. **Apologize if something's your fault.** Take responsibility for your actions and mistakes and say you're sorry. Offer a way to make up for it.
7. **Find a solution.** If you cannot agree on an issue, look for a way to compromise. Be creative. Compromising doesn't always mean someone has to give up something. Find a win-win solution for both of you.
8. **Don't sweat the small stuff.** Just because your partner does something differently than you doesn't mean that they're wrong. Develop patience and pick your battles. Is it really important enough for you to bring it up?

When you disagree, ***the most important thing isn't that you "win," but that the issue is solved*** so that you both are satisfied with the outcome. That way no one goes away angry or holds grudges.

*Never let a problem to be solved become
more important than the person to be loved.
~Barbara Johnson*

Show Your Love

There are hundreds of ways to communicate your love to your partner and creativity keeps it fresh. Get in the habit of showing your love many times each and every day. The really great thing about this is that ***the more you show love, the more you receive.***

As you each become more attuned to your partner's needs and desires, and fulfill them, you'll find your passion increasing as well!



Here are some ways to get you started:

1. **Show gratitude.** When your partner does something nice for you, let them know you appreciate it. ***One of the basic desires of human nature is that we need to know we're appreciated.*** Simply saying "Thank you," goes a long way towards fulfilling this need.
 - You can also express your gratitude in many ways. Doing something nice back to reciprocate is always a fun way to show your gratitude.
2. **Do one of your partner's chores.** Especially when your partner is tied down with work or having a tough time, show them you care by helping them out. They'll really appreciate your efforts.
3. **Turn mundane tasks into fun.** Even everyday tasks can provide an opportunity to show your love for each other and bring some fun into your relationship.
 - ❖ For example, make dinner together and have fun with it. Feed each other tastes of the food you're making. Have a food fight.

Decorate a cake together – the more icing you get on each other, the better.

❖ Need to clean the garage? Each of you take one half of it and have a contest to see who can do the best job in the least amount of time. Doing it together can take the "chore" out of it.

❖ Need to water the grass? Have a water fight!

4. **Surprise them.** Leave loving notes and gifts where they'll least expect it. ***You'll brighten their day when they find it, even if you're not there to see it.***

5. **Look your best; feel your best.** Make an effort to exercise, eat right and keep in shape. You and your partner will enjoy better health and greater energy.

□ Also, dress up for your partner from time to time. It lets them know that they're worth the effort.

6. **Take time for yourself, too.** Taking time for yourself reinvigorates you and renews your energy for an active life. Go to a spa, meditate, or just read a good book – whatever relaxes you. ***Treat yourself well and it will be easier to meet your partner's needs, too.***

7. **Pray together.** Bring your spiritual side into your relationship. It strengthens your love and gives you a solid foundation for more loving communication.

*Love grows by giving.
The love we give away is the only love we keep.
The only way to retain love is to give it away.
~ Elbert Hubbard*

Laugh Together

Laughing together is an important part of the language of love. When you laugh together, you're relaxed, having fun, and enjoying each other. You're making good memories that you both can cherish.

When you have fun with each other, you always look forward to being together. ***It draws you together when you're apart.***

Laughter also helps lighten the mood when you or your partner feels stressed. It gives you a chance to take a step back and bring clarity to your thinking in disagreements. Plus, ***it's impossible to feel anger when you're laughing.*** You can feel love, though!

Share funny movies, books, and jokes together. Just have fun with the humorous side of life. If your partner gets a kick out of your celebrity impressions, then do it!

Having your own inside jokes together also lets you share a secret bond when you're in public. When someone says or does something that reminds you both of your funny joke, your eyes meet to acknowledge it and you share a secret laugh. ***It's one more thing that makes you in tune with each other.***

So be sure to bring laughter into your relationship and your everyday life together. It strengthens the bonds of love and your loving communication.

Laughter is the shortest distance between two people.
~Victor Borge

Make Time for Each Other

Making time for your partner communicates to them how much you love them. Go out of your way to spend quality time together. It keeps that spark alive, just like when you were first dating.

Although date nights are fun, you don't always have to spend money to spend time together. Having a romantic evening at home can be perfect.

Try new things or take turns picking out new activities to do together.

You can vary the activities you share to keep things fresh and exciting. You could go to the beach, the park, or the museum. Fly a kite or go bicycling. Play a sport together or pursue a fun hobby. Take a weekend vacation. Whatever it is, enjoy life together!

It doesn't matter what you do, as long as you're enjoying each other's company.

*Love doesn't make the world go 'round.
Love is what makes the ride worthwhile.
~ Franklin P. Jones*

Start a savings fund for a special trip to somewhere you've always wanted to go together, like Hawaii or on a cruise. Planning a vacation to a tropical paradise is exciting and lets you look forward with anticipation

to these good times. Every time you put money in that fund, you're sending a message of love to your partner.

In a nutshell, the language of love is all about sending loving messages to your partner in both your words and deeds. Using the language effectively and consistently establishes a mindset of love for your partner.

When your partner reciprocates, it makes a never-ending cycle of love and increases the passion in both of you. ***Your wants and needs are fulfilled and you find a joy in each other and in your life that you never knew existed!***

Use these tips and techniques to get you started with the language of love. As you become fluent, the sky is the limit. Enjoy!

To Your Fresh Start,

Coleta

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Recommended Resources

[Marriage Fitness](#) by Mort Fertel- this program is a great alternative to marriage counseling. His most popular and successful program is the Marriage Fitness Tele-Boot Camp. Be sure to sign up for his free “7 Secrets to Fixing Your Marriage” report.

[Melt Your Man's Heart](#) by Licensed Marriage and Family Therapist Randall Bennett - This is a woman's guide for transforming her cold, distant, loveless man into a warm, receptive giving husband.

[How to Rebuild the Love After it Has Been Lost](#) - If the love in your marriage has died or the two of you have fallen out of love, this book will you fall in love all over again (even if one spouse is unwilling).

[Saving Your Marriage Made Remarkably Simple](#) by Dr. Frank Gunzburg - This is a step-by-step program designed to stop a divorce and save marriages. This is an excellent alternative to marriage counseling because it helps the couple learn what's broken in their marriage and then shows them how to fix it.