
The 5 Love Languages Summary PDF Cheatsheet —

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Summary by Chapter: Every chapter of “The 5 Love Languages” explained in 5 minutes

? 1. Personalize Your Love: Chapman discovered that everyone feels loved in 1 of 5 different ways

Most relationship advice assumes everybody is the same, but Gary Chapman says there are 5 different ways that people can feel loved. These 5 Love Languages are: words, time, gifts, service, and touch. To help our partner feel loved, we need to “speak” their primary Love Language.

? 2. Understand Your Partner: To find someone’s preferred type of love, just look at their actions

Understanding someone’s Love Language, whether your own or your partner’s, is usually quite simple. Just ask these 3 questions: How do they show love to others? What do they ask for? When do they seem to feel most hurt?

3. Choose to Love: After the emotional high of “falling in love,” we must make an effort to love

The feeling of “falling in love” is temporary, so to make love last we must choose to love our partner based on their Love Language. Even if something does not come naturally to you, you can choose to do it because that is how your partner feels loved, and it keeps their “Emotional Tank” filled.

4. Communicate Your Needs: Love must be given freely, based on requests and not demands

To get our needs for love met, we should tell our partner what makes us feel loved. But if we do this through complaints or demands, then we cause hurt and resentment. Instead, we can make requests, which acknowledge they have a free choice whether to fulfill our request or not.

This is just a sample!

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