

Love Linguistics - Yes, We Speak Different Languages (Why Don't We Feel Loved?)

In his popular book, Love Languages, psychologist Gary Chapman identified five common "love languages" most of his clients used to communicate and receive love from their spouses. From that discovery, he formulated a theory that in our love, just as in linguistics, we often have a primary and a secondary language - one or two languages we're prone to use in relating to others. We also have about 3 other styles we incorporate, bringing the most common number of languages to five. We use our primary and secondary languages the most often, and we use them to both *show love to others* and to *accept love from others*. It seems a simple concept, and one that his work has borne out as being legitimate. The exciting part about that is, we can make huge, positive transformations inside our close relationships simply by discovering what the love languages being spoken are!

Yet few of us know what language WE speak, much less what language is being spoken back to us. All we really know is that we usually think we're doing a pretty good job of showing and expressing our love, but also often feel we're not getting that same amount of love in return. If you find yourself in that space, maybe all you need is a deeper understanding of your love linguistics! We'd love to help you discover the love languages you and your partner speak. We've been working with couples for over twenty years, and if we had to pick only ONE insight to pass along, it would be this. If you'd like to learn more, fill out the [Contact Us](#) form and sign up for our module on Love Linguistics.