

Love Languages: Building Better Relationships

JOSH: Hi, everyone, and welcome to tonight's webinar, "Love Languages: Building Better Relationships." I'm super excited to welcome back Brenda Cleaver from WSU while being online tonight to talk about these different love languages, and how they apply in our personal lives to help build better, more meaningful relationships.

We'd like you to realize and notice that there is a chat box. We'd love this to be a conversational event tonight. So please feel free to type any comments, or any questions, or anything you may feel like you need to say, and we'd be glad to help answer them and talk through them. So without any further ado, here's Brenda.

**BRENDA
CLEAVER:** Hi, everybody. Welcome to the conversation space tonight. My name is Brenda and I'm a graduate student here at the WSU campus, and my major is counseling. And through my education I've learned a lot. And I found that Gary Chapman's way of talking about the different ways that we communicate love and affection was quite powerful for me, and I'm excited to share this information with you.

If you've heard about it, and maybe read the book, or done some online research maybe this can be a little bit more for you coming into this holiday season, which can often be a time for reflection on our most important relationships.

P before we get started did Priscilla or JD-- either of you, did you get a chance to take the love languages quiz? I'm looking at the chat box down here on the side. So if you want to say yes really quick, or no, we can talk about those things. Priscilla did, and JD says that he has as well.

Anyway, so when we think about our love languages-- and we've taken the quiz before, almost a year ago. OK, so it's been a while. We'll talk about Gary Chapman's research a little bit later on, but he is along the lines of things that says are love languages remain pretty consistent. The way that we give and receive affection might change via circumstance, say if you were in a long distance relationship you might not be able to communicate your love in the same way that you would if the person was sitting in the room with you.

And so when you think about our love languages and the way we communicate our love, think about the top two that you might have. Priscilla and JD, do you remember what your top two were? Quality time and physical touch. OK. Thank you, Priscilla. JD's remembering. Physical

touch and words of affirmation.

OK, so physical touch and words of affirmation are my top two. Great. And Josh's is affirmation and gifts. All right, so we covered all of those except for acts of service, which I'm sure are part of our relationships. In the video that we did-- the promotional video for this-- I asked the question of, when do you feel most loved?

Gary Chapman frames this in the way of what is it that we request from others most often? When I come home from work after a long day, I come to my partner and I say, give me a hug, because physical touch is my first one. Do either of you have a different experience with this? JD's girlfriend is exact opposite of him. Sometimes I push him away. All right.

And that happens sometimes when we speak different languages. And I guess that's what we have-- you also have the different Myers Briggs personalities. OK, that's good to know, too. It sounds like you do quite a bit of research into your relationship and you're quite invested.

Sometimes we find this contention when we both come into a relationship with different needs and different ways of communicating our needs. And so a great way to circumvent, or be aware, of this tension would be to do some research about the ways that you might be coming into this. And then forming a hypothesis about how your partner, loved one, parent, child, coworker could be coming at this from a different slant of attachment or need for affection.

And then the last point I want to make is not only how do you request and how you give, but how do you tend to show it to other people as well? Even though I speak that I request physical touch, oftentimes I show act of service instead. And that's something to think about in the way that-- maybe your partner does have a different love language but maybe they're showing you in a different one.

And Gary Chapman talks about the idea of dialects. That we all come into this with a different orientation of the lens. I really love this graphic. If you've never been exposed to a Venn diagram before the parts where they overlap are where things are connected. And I love the idea that all of these are working together to form this connection experience.

I strongly believe that no one operates with just one thing in mind. If you take the quiz it'll show you that maybe you have an 80% fit with words of affirmation and like a 10% fit with gifts. Gifts might not be your primary, but for sure I'm sure there are sometimes in your life when a gift was very meaningful to you.

Gifts in our American culture sometimes look like wedding or engagement rings. Those things often mean a lot to people. But they're not what we typically consider a gift. So just thinking about that as we move through this. That not everything has to be one answer-- that you have to find something that's in between the two of you.

I'm going to read the chat box real quick. I'm sorry. I don't know if you all can read this, but JD is asking that the survey says how you receive love and how you give love. Acts of service I feel I show a lot. Yes, and I think that there is something that we learn from our partners and that we learn simultaneously through our relationship. There's this idea of reinforcement that happens when we do something. And it's reinforced in a way that we find pleasurable, we're often going to repeat that behavior.

Now the resource can be intrinsic. it can be a happy thought like, oh I did something meaningful. This mattered to my partner. I made them feel special. Or it could be something external from your partner. It could be hugs and kisses. It could be worth of affirmation like praise for whatever it is that you did.

And so sometimes the way that we speak love becomes reinforced for differently reasons. So being aware of yourself is really the biggest piece here, JD, is that notice, take stock, of how you interact with your partner in your world. And I love that it is that you see that acts of service tends to be up there, along with physical touch. So be mindful of that. Notice if those things change and how they impact your relationship.

So here on the right hand side of the screen you can see I have my notes here to remind me to stay on track. You're time is important and we have approximately 30 to 45 minutes together. So when we talk about love a lot of people think that we talk about attachment. And there's something really special here. That, many of us, when we think of attachment we think of a mother figure, or a father figure, with a small, infant child.

And this could be seen across species. And there have been a lot of studies done that show that when children are securely attached to parents they explore the world more appropriately. That there's reduced fear and anxiety within that relationship.

The things that we learn about our attachment with our parents, or caregivers, or significant others they tend to translate across our relationships. We see patterns of interaction they kind of recreate themselves all the time.

You may have noticed with your friends, or even yourself, you get a new significant other, you start this relationship, things are great for a month. You're in this dopamine [INAUDIBLE] high. Things are great, and all the sudden pretty soon you're fighting about the same things that you fought about with your previous partner.

This could be something that you're learning. This could be something that your partner is learning. This could be a number of things. But often it comes down to the idea that needs aren't getting fulfilled. And we don't know how to ask for those things appropriately. And the people who we're asking to fill them don't know how to fill them appropriately, because we're seeing them through these different lenses of our experience and attachments. Experiences.

So attachment is really important here. I don't want to go on too much of tangent here but there tends to be three different file styles of attachment, this moving towards, this cleaving person, this moving away person who becomes a little closed off or resistance when you get too close, and then there's a person who just shuts down, and who isn't available at all, or they have this fear reaction. And thinking about yourself when things become vulnerable, or hard, or the discussions, think about the way that you might interact with those and take stock of that, as well.

Earlier I touched on the idea that there are stages of love. We have bodies that are-- they produce information for us. Our brain stem and our spine actually providing more information to our brains than our brains give to our bodies, just in the amount of sensory inputs that we have.

And the cool thing about love and attachment is that we can see markers flare up in your neurobiology that say, this person lit up like a Christmas tree when they were exposed to stimuli of their significant other. And that's because there are things happening in your biology that say that this is great. I'm really attached to this person. I really like this person. They're pretty cool.

And then that fades over time. This attachment then changes. We might think of examples of our grandparents, or an uncle, or an aunt who have a relationship that's lasted years. Years beyond what you might have experience with. And they might tell you that their experience of love has changed over time. And that's important because our relationships should be flexible enough to allow growth. And if they're not sometimes that can be really stifling.

And that leads me into the next conversation point of values, growth, and flexibility. As we grow as human beings we are often inspired by our environment. We're impacted by our environments and the people around us. And that means that we go through stages of reexamination.

Thinking about the term that people throw around of a midlife crisis. That sometimes relationships are really damaged or strengthened by the idea that one of the partners or maybe even both of the partners are reexamining their values. And that's directly translated into how people connect and relate to one another.

Thinking of an example, my grandfather was a vet student here at WSU. And during his time at WSU he was very devoted to his academic career. My grandmother was very young and so they made this dynamic where my grandfather was gone a lot of the time. And now that my grandfather is retired he's home much more. And so this value reexamination happened and it's created some tension in their relationship, but healthy tension. They're growing and they're moving with this and they're trying to figure it out.

And any time that you learn more about yourself, or you learn more about your relationship, there is this of growth period that happens that can be uncomfortable for both you and your partner. So be aware of that as you move through the information today. Because the goal of this webinar, from my standpoint, is to increase your connection with other people. And when you increase your connection that means that there's more of you-- more space of you to be touched and to touch other people. And if you're not used to that it can be quite uncomfortable.

So let's go ahead and shift the conversation to our five areas that are pretty important here. Earlier we talked about that we had everyone here present, except for an acts of service person. Hi, Victoria. Thank you. And JG for joining us.

To start off the conversation about words of affirmation there are a couple common identifiers. These are people who tend to speak, or really flourish, when you give the compliments or encouragement. They might be people who say things like, wow, thank you so much for-- and then fill in the blank. And it could be something that they thought of all weekend long and they've been waiting to tell you. These could be people who write you little notes.

A lot of people signify their words of affirmation differently. It could be a child who comes to you with a grade report and says, look, look, look what I did. And they're waiting on edge for

you to say, wow, nice job! To speak that praise.

So one way to speak to these people, or to give them love if you feel as though that might be something that they're looking for from you, is to do specific praise. There's some research to show that people tend to prefer more specific praise, because then it gives them an idea of what might be profitable, or useful in the future. Again returning to that place of reinforcement.

There has been quite a bit of science shows that rewards work a lot better than punishments. And so if you have this very specific praise of-- let me think of something. My significant other's name is Charlie. Charlie, thank you so much for doing the dishes. I really appreciate the way that you heard me when I said I was drowning and overwhelmed with my school work. You showed up for me, and you did something that I really appreciate. That's a really great example of specific praise.

And this can easily be turned into sharp criticism. If I'm requesting love in this way and I'm not being very mindful I could say something like, you don't care about me. You never show up for me. You don't do things around the house that would equal our burden, or help me in this way, And then it might turn into nagging, and that might be difficult for you and your partner to navigate. Because the way that we ask things really impacts the way that we receive the things that we ask for.

Things to keep in mind, tone and nonverbal cues. There are a lot of ways that we say things. Our grade of speech, our tone, our inflection, hands gestures, like what I use, they say a lot. And if we-- if we're not genuine in our compliments, or our words of affirmation here, those things really come through.

Humans are quite intelligent in the fact that we've learned to read each other's face and emotions. To look for this affirmation, or these connections. I'm sure some of you may have experienced an ingenuine comment before and have been able to notice that.

How's everyone doing with the information so far? Any questions? No question? Not yet. Good. OK. Good to know. If anything comes up as we're talking, please feel free. I'm going to really try hard to see in here. You guys are saying hi to one another, I like it.

So next on our list is quality time. We have some in here who say quality time is one of theirs, right? I can scroll through this chat and see here. Words of affirmation. Priscilla with quality time.

Priscilla, when you think about how you like to receive quality time, what is it that tells you that your significant other, or someone important in your life, is giving you what you need in terms of quality time? I'm putting you on the spot. If you're uncomfortable let me know.

So Priscilla says that she recently experienced a loss and her significant other surprised her with a visit to make sure that she was OK. And he presented himself in your world to show you that you were important to him, which is awesome. Kudos. That's a pretty big deal to go through and I'm sorry for that.

I think that there's something great here that your significant other saw that showing up for you was important. And I'm not sure if you requested that or not, but that's really insightful. And something about quality time that's really important is that sometimes we don't feel as though we can ask for someone's time. And then that can be a difficult barrier to overcome, especially if you have this automatic thought that maybe someone's too busy. Or maybe they have something else that they would rather be doing. It can be pretty difficult to ask for that type of quality time.

It can also be difficult if that quality time isn't made in a way they feels comfortable or great to you. And this means time without interruptions. Do any of you remember the challenge-- probably about a year ago-- where people were set to look at each other in the eye for three minutes of time. Do any of you remember that?

And it's by this person who says they can make anyone fall in love. And it's a pretty interesting dialogue, and if you haven't heard about it do a quick google search and see what you can find.

It's really interesting what happens though. In the space of three minutes, two individuals they look at each other in the eye and they're not aloud to talk, or touch, or anything, but there's this overwhelming sense of intimacy that becomes developed between these two people. If this is something you want to try on Valentines, or any other time, with a partner or someone that you care about, I encourage you to try it. It can be an interesting experience and experiment if you've ever tried something like that before.

So that would be-- three minutes might seem like a lot, but in that moment it can feel like forever. And part of that is because we're not relying on our other languages to convey what we're feeling in that time, this experience of vulnerability. And the time without interruptions is

really, really important.

Typically during quality time we talk. We share our deeper selves with one another. And when people interrupt, or spend time looking at social media on their phone, or answering texts or emails, that doesn't create that sense of intimacy that many of us are looking for in that time. So if you notice that your significant other really responds well when you give them enough quality time, keep that mind. Because it doesn't have to be a lot. Even 30 minutes of just giving your undivided, present, whole self to someone else can do a lot.

Something to avoid is extended time apart. This can't be avoided sometimes. And this is where the idea that we have a primary love language, and then we have all these other ones that we can rely on too to let someone know that we're special and important to them, and that they are to us too. So keep that in mind. Get creative.

If you have some upcoming time apart, maybe reward that time apart with something very special, like a date night, or a special dinner with just the two of you. Something that you can think of, maybe even a walk.

Some things to keep in mind during this time is your active listening skills. The idea that you listen without interruption. You give your whole attention. You provide reflections that show your understanding.

I don't know if any of you have had experience of saying something like, my day was really hard today. And someone looks at you and says, can I make you a sandwich? That's not really what I was going for, but yes I would love a sandwich. The idea that there's something different there, that I wasn't really heard.

Maybe they did hear me, but they did not show me that they heard me. So thinking about that and the idea, again, of being vulnerable. That sometimes we're going to get it wrong. And sometimes we're really going to mess up. And there has to be some grace there.

That you might even mention something like, wow, I really messed that up. You don't want a sandwich from me. You had a hard day. Tell me about it. It has a different impact, but it is impactful when you have some sense of humility in this person really cares about you. That they're thinking about the way that you might interpret that.

Fast-- this is super strange not to hear your voices. I feel like I'm talking a lot. I don't see anybody chatting so I'm going to move on to acts of service. And JD earlier mentioned-- JD

says, yeah, I'm good-- Earlier that he tends to give in acts of service, and as do I.

And this might mean that we come home and we ask that the dishes be done. Or I came home with a shelf that needed to be refinished that I had no interest in doing myself. I bought this project for my significant other. And when I came home and it was a surprise that it was done, it was quite special to me.

And so this might be something that you might recognize in your significant other, or even in yourself, that maybe you buy these projects, or you come into something with this idea of crafting that you want to share it with someone, or you even want to do it for someone else without them knowing. Something to think about with these guys-- the actions to take tasks together, or to make it special together. Even to just do something as simple as washing the dishes or putting away your shoes. If that's not something that's regularly important to you but your partners made a request try to hear what that is.

This doesn't mean that if your partner is an acts of service person that you give them lots to do. That can be we not a friendly and fun thing to experience. But think about how instead the things that they're doing our important to them as they are to you, as well.

Something to avoid is putting off huge requests. If someone says to you, it's really important to me that this happens. And you think, why? That's not important. Those dishes aren't going anywhere. Or we have to go get the mail anyways why would we make an extra stop?

Take a beat and ask, how come this is important to you? On a level of 1 to 10, how important is it compared to other tasks that might have been given to you, or you were voluntold about earlier that day. Because when they put off these repeated requests, affection or retention it can damper our approach.

If any of you have ever had an opportunity where you have asked multiple times for things like a hug, and the person that you're asking for a hug from isn't a hugger, and you know that and so you're request taper. But they still reinforce you every once in a while. They do give you that hug. And you know that it's important that they give you that hug. That's something to think about.

Being honest about your ability and capabilities to take on a project, and we can see this in the workplace. Sometimes people say, yes, yes, give me more. Give me more. And then there's this life happens moment where maybe that wasn't at the top of your priority list. And the

person who was depending on you gets sad that they weren't important to you. So to think realistically about what resources you have to offer, especially in the area of your love life.

It can be a lot of work to show up for someone like that. And so thinking about how much resources you have, and ways that you might respond to your partner that are fulfilling for your partner and for yourself. So think about that in your acts of service, because it looks a little bit different for everybody. Do you have any thoughts or questions? Nope. Everybody is so on it. I like it.

I'm curious to hear your thoughts. Victoria sent a smiley. I like that. I can smile at you in person these days. So the next topic is gift giving. And common identifiers might be people who birthdays or holidays are really important for. These are the people who might be planning, and really excited to plan these gifts. Or they might just be people who are very prepared to give gifts.

And gifts don't have to be extravagant things. So many times in the video that we recorded for this event people said, oh, I don't want anything huge. I just want someone to say something nice. Or it doesn't have to be a dozen roses, but that you thought of me throughout the day.

That's what gift giving really symbolizes. It's a visual, physical token that they were thinking of you throughout the day. I'm glad you liked it, Victoria. It was a lot of fun to do.

Small gifts of spoken appreciation often go together. The idea that if you're not a card giver that maybe a written card might be even more than what you would typically do. And so that could be a gift, but it could also be words of affirmation. So thinking about those things.

If there's someone special that you really important, like an anniversary or Valentines day. The work of remembering those things can be difficult, especially if they're not on the top of your priority list. If the two of you come from different orientations here.

So ways to jog your memory. To ask, which days are most important to you? And they become upset, navigating it, I am wanting to know this so that way I can meet your needs better later on. Putting yourself little reminders on your cell phone. I don't know about you all, but my calendar on my phone is everything I live and breath by. Otherwise I wouldn't be able to orient myself to the date. And without those reminders that it's someones birthday, or that I need to pick up a card or something, I might not do that because it's not my first act.

So that's on the things to avoid. And when things to consider in our culture sometimes we tend to get to have a connotation. There's something about power that happens here. And it's sometimes when we give gifts there's this obligation of receiving the gift comfortably. Because that doesn't happen.

Sometimes we don't want the gifts that are given to us. And sometimes it's not comfortable to give gifts either. We don't really know the person. We don't know much about what they might want or need. And the idea of buying affection can be quite distasteful to those people.

So when you are giving your gifts, or receiving gifts, think about how this should be a meaningful event for you. Much like our conversation about acts of service. And our words of affirmation that they should very much so be intentional. It shouldn't just be something that you thought on a whim. That you thought could work for anybody.

While that is the case sometimes, sometimes those acts can miss our genuine opportunity for connection. And then the idea of gifts for an individual versus gifts for a family. Sometimes we lose track of that. And so if you have a question about, what should I get this person? Maybe I should get them something for the family overall. Have a chat about that and make sure you're being intentional with that.

Last up is physical touch. This is my primary-- like I said, I really like hugs. And some common identifiers for this might be someone who pats you on the shoulder. Who really responds well to that. Maybe a gift for this person might be a massage.

But again when we talk about trust there's also power fear. That some people may not feel comfortable with touch if they don't know you well. Or the opposite is true. That they might be more comfortable receiving touch from a stranger than they would from someone who is close to them.

The place where we receive touch is our bodies. And our bodies, they give us a lot of information, and they also hold a lot of things for our thoughts and feelings. And sometimes we put meaning on our bodies-- behind them that is important. That other people can't read because it's an internal dialogue, or it's an internal feeling or thought. And so when we touch people we need to be cognizant that there might be an internal reaction that we don't see.

So some of the actions to put into this if you are a physical touch person to request the type of touch that is satisfying to you, and then to try to give touch in a way that's comfortable for your

partner. If holding hands does it for you, request that you hold hands. If you're not comfortable with public displays of affection don't be something that isn't true to you and who you are.

Something to avoid with this is-- just like with any of the othes-- if you know that something is important for your partner, to withhold that affection, connection, whatever it might be, whether it's physical touch, or words of affirmation, to withhold those things is-- it can be a powerful motivator, but it can also be a powerful detriment to the relationship as well.

So when you might find yourself withholding touch it's often related to this sense of safety. That when we withhold this sense of affection oftentimes we're not feeling safe or connected. That we close ranks and try to protect ourselves.

And so when this is happening, when you find yourself hearing things like, you haven't hugged me yet today. Take a beat and reflect why that might be. And then I invite you to move into that and have a genuine dialogue about, I'm exhausted and I don't think that I'm uncomfortable yet for a touch. Or, I just finished a workout and I'm really smelly. Please don't touch me. That type of thing. And so just acknowledging that your own internal experience is quite valid. And it needs to be appropriate and there to be able to inform your partner and anyone else that you're interacting with.

And then the idea of enthusiasm. It's so hard to say things like that without being rude. I agree. It is. And I would invite you, Priscilla, to think of what you would like to model from your types of interactions. This has been a struggle for me, as well. Just to share a bit with you, that sometimes it's hard for me to have these boundaries-- to talk about boundaries here. To request that my needs be met, as well as requesting in others.

In the idea of a partnership it should be this give and take dynamic that should be happening. And when one person is giving without receiving appropriately-- thinking of giving a touch or giving a hug, even when they don't feel like it, there's this sense of it not being genuine, and that there's something missed here. And we can learn from that.

And so when we phrase our comments we can use I statements. And that really help take away from the blame, or the shaming experience that people can have when they request or give love in a way that they're enthusiastic about and the individual isn't.

So if you're facing-- maybe like, I see that you want a hug right now, but I'm feeling too vulnerable or too raw to give that to you in this moment. Can we return to this later? The person

might be taken aback. They might have some time to think about that, and it might be quite uncomfortable.

But my encouragement for you Priscilla would be to move toward this with a genuine and open heart and see what comes back to you, because I would be surprised if your significant other hasn't experienced the same thing themselves. And might be a bit relieved that finally the unspoken thing is spoken and they might have an idea of what's happening. Does that make sense?

We've been together for so long that he's just so used to it now. And that's true. And that's-- well I don't know that that's true, but I have experienced that in my own relationship. The idea that we get in these patterns of interaction. That we just expect things from the people around us. That we expect that our needs will be met and that this will happen without problem, or without contention.

And you're right. To be able to say something like that, like I don't want a hug right now, I don't want to be touched. That changes things. And it changes the cycle that you've created with your partner.

And when we change things there's often resistant from that. Like I don't know what's happening here. Help me understand. Or there might even be this lashing out experience of, why are you changing? Or there could be this very pleasing experience of, OK, you're changing. Let me change with you.

In thinking about how your partner might react to this, the best way to invite them to change is to tell them that the change is happening. And this could happen even before you interact with this hug piece. It could be introducing the thought that sometimes I don't really feel like hugging. And it could be said in casual conversation beforehand, or not. It depends on what type of orientation tends to work with your partner, but trying new things can be hard and scary. And sometimes they just don't work. And so I'm excited to hear what your journey might be, because what works for some people might not work for others. Helpful? I hope so.

We talked about enthusiasm and withholding touch. Do any of you other folks have any questions about physical touch? Nope. OK.

Review. OK, so this is something that is said over and over, that the languages are not mutually exclusive. That the idea that they should be used in harmony, and to not use

something that doesn't feel right with you. And then take the journey of reflection and understanding yourself and being kind with yourself throughout this process.

If you're noticing that your partner need something that you don't feel comfortable giving maybe give to yourself the kindness that you would give to them if they were trying something new for the first time. This is also a great place to talk about smart goals. If you're looking to change your behavior in some way or implement something new, there is something on the [INAUDIBLE] website right now that talks about smart goals. And the science shows that we do best if we focus on one goal at a time and devote these small steps towards creating this bigger change.

So if you have this big change of creating a more vulnerable and intimate relationship with your partner maybe break that down into three or four tasks that might be according to their love language. That you might implement throughout the week. There's a really neat love challenge that's up on the five love languages website that will be showcased a little bit later on. But the idea that you could move towards some of this to start the action process.

But while you're doing that there's a process of discovery and explanation that there is no need to be perfect in this space. That the idea of perfection is often quite limiting, at least in my experience. Summertime's I don't even try things because I am afraid that I might not be good enough at them, that my efforts would be rewarded, I guess.

So when you think about trying new things-- again coming back to that piece, that there should be some flexibility here as you're building insight. Because there might be layer of insight that's going to expand your view just a little bit further.

And then the intentionality of your efforts. If you're walking into this thinking, oh I'll just do a couple of things and we'll see how it goes. I invite you to be intentional with this, because creating change, especially within our important relationships, is no light topic. Because when you create change you're not only changing the way you interact but the way that they're receiving you as well. And that's a pretty responsible thing. So be mindful of that, being intentionally with that.

So if you haven't already, or it's been a really long time, this is the sight where love languages website and take the assessment again. After this conversation your goals might be different. And then if you're like, nope, Brenda, I'm not going to take the time to go do that. Then I invite you to reflect on what you appreciate about your partner and what you appreciate about your

relationship. And evaluating if this is something that you desire to change, or if there is some sort of movement that you'd like to see here, asking yourself what is good and how do I move towards that? And what is bad, and how do I move away from that?

Oftentimes we stick with the what is bad that we found. That if you focus on what is good and adding behaviors that you want, the behaviors that you don't want they tend to fall away. And think about what you ask for.

Sometimes I ask for things that I don't really ask for. That maybe my nonverbal say, give me a hug, but my words say, I'm actually quite angry with you. And this type of mixed approach of asking things can make it difficult for people to give what it is you're asking for.

So when you ask for physical touch be clear about what kind of touch it is that you want. When you ask for acts of service to be done-- being very clear about that so that way the person that you're engaging with knows the rules. So they can show up and play the game with you. And you can play together here.

And then asking yourself what is most annoying to you. If I'm a word of affirmation person and my partner isn't and I spend all day seeking his complements that could be quite annoying to him, that I keep asking, because it's a need I have that hasn't been filled. And so thinking about the things that I'm really into or the things your partner might be verging on demanding, or nagging you about. Listening to those and trying to understand what might be at the bottom of that. And some ways to discover that would be to ask you partner.

What are you asking for? Because I'm not sure. I'm confused. Those types of statements will help. But, again, remember your tone, and your inflection, and your rate of speech, because those all say things, too.

And then identifying your purpose, we talked about that. And then, rewards work better than punishments. Think about a time in your life when you've been rewarded for things, or when you've avoided punishment.

A very great example of this might be speeding. Many of us do not obey the speed limit, or we tend to push them a bit. But when we see an authority figure, like a cop, or even a police sign, or one of those flashing signs for schools, that's a visual reminder that we're breaking the rules. And so we might slow down, or we might keep going with what we're doing, but punishment tends towards aversion. Where awards tends towards seeking behaviors, That it's

something that is going to keep happening. So I hope that that's clear. Sometimes that can be hard to distinguish.

And we might accidentally reward behavior that we're trying to diminish. So there's that, too. It can be kind of tricky. So pay attention to what you're doing and what's happening for you. JD says that explains a lot. I don't know that I articulated that very well.

And then this is the test here. If you haven't taken the test before this is the link to go to the test. If you type in the Google search you should be able to find it right away. There is a test for singles. There is a test for children. There is a test for partners. Gary Chapman's done a really great job of providing lots of resources for folks. If it's not a good fit this can just be a great tool to understand the way that you might interact with your world.

There are lots of different typologies out there. If Gary Chapman doesn't work for you there could probably be someone else. Oh, great, Josh uploaded the link. Oh, thank you, Josh.

And then here's the love languages challenged. Where it will tell you what types of thing you can do to speak your partners love language. And this is based on a guess, if you don't know. Or you can invite your partner, your friend, your significant other, to come take the test as well. And then you can talk about it there. It might be a great start for a dialogue.

Most people are pretty invested and curious about their relationships with their partners and themselves. And so I encourage you to go back and report back to your partner and see what comes up, because it might be pretty exciting.

All right, so this is the part where I say thank you for joining me in this space. And ask you if you have any wrap up questions. And then after we're done chatting here for a few seconds Josh will take over and remind you about a survey.

Do any of you have any thoughts about this discussion that you're like, I have this idea that has been bothering me for some time, or maybe something didn't make sense here. Oh, OK, so JD's question is about how will we recognize when our partner is giving love?

People tend to repeat behaviors. And we may not recognize it because we don't receive love in that sense. Yes, you're absolutely right. Sometimes we don't see it. And so I guess, JD to answer your question is to think about your partner and what they repeatedly do for you. That is important to them. Or things that they comment, that they say, wow, I thought you would have a much different reaction to this. Is that making sense?

So it might be having a question and answer type of session. So saying something like, darling, I noticed that you always make me a cup of coffee in the morning. And I really appreciate that you make a cup of coffee for me in the morning, but I never finish it. So I'm wondering if the cup of coffee is your way of telling me that you think about me first thing in the morning.

And having that conversation, because the person might notice that you're not drinking all your coffee and maybe what they're doing isn't being appreciated. So having that conversation saying, I'm noticing this. What do you think? Because often they'll have an answer that might be different than what you hypothesized it might be. Is that helpful? [INAUDIBLE]

OK, well that's pretty difficult. And being an introvert that means that our interaction styles are much different. It might take more work to draw that person out. They might have to feel very safe in that area. So I would encourage you to maybe look up some active listening skills and really practice those with that person before you invite a more vulnerable conversation.

Yes, we absolutely do misinterpret things all the time, all the time. And that's the problem with language is that it means something different to the person that's speaking it than it does to the person who's receiving it. And that's why this concept of checking in, of asking, is really important, to clarify things. Because if we operate on this idea that an assumption is correct we can really get into trouble there. So props on those. Super great question. Thank you.

Any other thoughts? Victoria, I saw that you were typing earlier. Did you still have a thought or comment? That's OK. The great thing about this format is that it will be available to you later. And I think that's a really great-- aw, that's really great.

A lot of our interruptions that happen in this space are interruptions that might happen in our relationships, too. And so thinking about how the interruptions we might have encountered today might impact how we might integrate this information and how we might move forward. So thank you. No need to apologize. These things, they happen. All the time.

All right, so I'm going to turn it over to Josh. Thank you for joining us today. I really appreciate you and all your comments. So I'm going to turn off my video feed and I'm going to turn it over to Josh. Thanks, Priscilla.

JOSH:

Hey, everyone. I would like to offer Brenda a huge thank you again for taking the time to come

and talk with us about the different love languages and how they apply in our lives, and in our relationships, and communicating more meaningful relationships. I sure hope you guys got as much out of it as I did. My head is overflowing with great things right now, but I'm excited to use what I learned in everyday life.

I just copied and pasted in the chat box a link to our survey. If you all could take just a few short minutes to fill out a thoughts about tonight's webinar it helps us plan future programming. So, yeah, please take a few minutes and click on that and fill out what you thought.

I will notify you all when this video is live in our video vault ready to be watched. Wherever you are. So, Victoria, once it's up in the video vault you can go back and watch what you missed. I'd like to thank you all again, and have a good evening.