

# Love Language Deposits

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Note: This is written for couples, but it applies to anyone we are relating to, such as our children, family members and friends.

We can think of our mate as having an emotional “bank account.” Affection and care act as deposits; tensions and hurts act as withdrawals.

*Research shows that 1 negative interaction makes a withdrawal that cancels out 5-10 deposits.* This is why bad habits of interaction can so readily unravel the fabric of friendship and passion between partners.

The most primary form of deposit into the love bank account is simply responding to one another during the give and take of daily life. Whether it is everyday chitchat or the reaching out to reconnect after a fight, completing the circle of your partner’s bid for attention is the mainstay of daily deposits. The stronger the gesture, the greater the deposit.

Strong couples make regular deposits in each other’s bank accounts and make relatively few withdrawals. With enough regular deposits, the occasional withdrawal does not make much difference. When one partner does make a mistake, he or she works promptly to make sufficient deposits to undo the damage.

## 5 Love Languages

The most powerful deposits are made in the partner’s “love language,” the particular way(s) that your partner experiences love.

Have you ever had the surprising experience of investing your heart to show love to someone, only to find out that they didn’t feel loved by your gesture at all? It can be baffling. But the reason is that there are different ways that persons primarily experience being loved, and we tend to give love in the way we like to receive it. If our main way of getting loved is not the same as our partner’s, then it misses the mark.

For example, a man invests time in carefully buying a sweater that will flatter his wife, wrapping it up nicely with matching ribbon, paper and tissue, only to have her wife just rip it open and say, “Thanks, I needed more things to keep me warmer at work.” He is disappointed.

Ninety percent of his investment went unnoticed, because gifts are not his spouse’s primary way of receiving love. Instead, she would have preferred if he had skipped all that shopping and wrapping and instead, had spent those hours hanging out, talking and doing things together with her.

## ***1. Words of Affirmation.***

An unsolicited compliment, a kind word, and words of encouragement are very powerful, especially for certain people. Simple statements, such as, "You put so much care into this dinner," or "I love the way you are so attentive to our kids and notice just what they need," are sometimes all a person needs to hear to feel loved.

## ***2. Quality Time.***

This means togetherness and personal connection, not just being physically nearby. Having a meaningful conversation, really listening to each other. Taking time to have fun together. Doing things you each enjoy. Exploring new activities together.

## ***3. Receiving Gifts.***

The message here is that the gift giver was thinking of you and wanted to let you know. Expense is not the main thing--it's the meaning of the gift, the thought behind it. A favorite treat picked up on the way home or a card for no reason sends a priceless message.

## ***4. Acts of Service.***

Cooking, washing the car, or doing the laundry can be acts of love. Challenge convention and do what is helpful, even if you are not good at it. The gesture is likely to be noticed, if it is their language of love.

## ***5. Physical Touch.***

A hug, a kiss, holding hands, and sexual intercourse are all ways of communicating love. Non-sexual physical affection is particularly important for those with this love language.

Most people have one primary love language and then a secondary one that is not quite as important. For example, your wife might like Words as her primary love language, and Time as her secondary. Giving her a carefully written card in the middle of a leisurely dinner out might be scoring big!

### **Love smarter, not harder**

Again, it is natural to give love in the way that we like to receive it. This however may mean that our partner does not feel as loved as we intended.

It is challenging but necessary to find out what kinds of things our mate experiences as love. One big clue is to notice how she typically expresses love.

Does she help clean and organize your work area in the garage, or make you a lavish meal on your birthday? She's probably a Service person. Does she plan outings, or arrange for you a game night with your friends? Sounds like a Time person.

Sometimes the favored way our spouse likes to receive love is something we don't like at all. Maybe you have a bad history with gifts—your parents have consistently given you presents all your life that showed how little they understood you. Being pressured to show gratitude when really all you felt was hurt has soured you on the whole subject. Now your wife seems to favor gifts, and you want to judge her for it: “How shallow. It is much more meaningful to spend time together.”

Recognize that your preferred love languages are not superior, just different. even though you may not appreciate or understand those kinds of gestures very well, you'd be wise to express your heart in terms of her love languages. This is the currency that makes those all-important deposits in her emotional bank account.

The Golden Rule: Give as we like to receive.

The Platinum Rule: Give as *they* like to receive.