

| ANNEX BUILDINGBLOCK 1 - LIEFDE

SOURCE: Book: The Five Languages of Love by Dr. Gary Chapman



In relationships, it is good to understand the other person. It turns out that each person gives and receives love differently. From birth there is a need to receive love.

Within us there is a kind of reservoir that can store love. When that reservoir is filled, you usually feel good about yourself. It just feels good.

The purpose of this book is to find out what love language you have and especially what love language your partner, child, employee or boss has. In relationship with each other, it will help you to understand the other person better, but especially to show the other person that you care.

The five love languages

A) Positive, encouraging words

- a. Words that build up the other person
- b. Compliments that truly come from the heart
- c. Encouragement to keep going, or that you did something right
- d. Kind words

When someone says something positive to you, your self-esteem grows. It can help to write it down, send a card, or text message, through a post on social media

B) Giving gifts

- a. Try to find out what the other person loves
- b. Find out what the hobbies, interests are and find a gift to go with that
- c. What does the other person like
- d. It is not about whether it is an expensive gift or costs nothing, it is about surprising the other person with something that really makes them happy
- e. It is a visible symbol of your love
- f. Sometimes it is good to save up for something that you can then give the other person afterwards

C) Physical contact

- a. Touching is a very important thing to express love. This does not mean sexual contact
- b. Simply holding each other's hand
- c. Sitting next to each other and resting your head on the other person
- d. A friendly hug or a heartfelt handshake
- e. A pat on the shoulder

Each culture, of course, has different expressions that may or may not be customary. It shows love when you consider those boundaries

D) Serving, doing something for others

- a. Doing very practical things for the other person, cooking, washing dishes, cleaning up
 - b. Making something for the other person
 - c. Making or mending clothes for the other person, washing or ironing them
 - d. Chores around the house, taking out the trash
 - e. Preparing a delicious meal as a surprise
- E) Being together
- a. Spending time together without being disturbed by others
 - b. Walking, biking or playing sports together
 - c. Listening especially well when the other person has something to say
 - d. Giving time to the other person, just to be together

The idea is to discover what your love language is and what is the love language of the person you are interacting with, working with, married to or caring for. Exploring his or her love language will deepen your relationship and create a better understanding of the other person. The latter, through your given attention, will also gain that feeling of being loved.



OPDRACHT:

Together with your group, complete the following questions

- Rate the love languages for yourself from 1 to 5

Giving encouragement

Giving gifts

Giving a hug, kiss or pat on the back to another person

Doing something practical for the other person

Being with someone

- Rate the love samples from 1 to 5 for someone else in your group

Receiving encouragement

Receiving gifts

Receiving touch from someone

Someone doing something practical for you

Someone who wants to socialize with you

Discuss both results with each other.

