

An Epic Friendship

MARRIAGE IN MOTION ▶ Module 3: An Epic Friendship

3.4

MODULE 3, LESSON 4

SUMMARY

- Epic friendships require a commitment to moving.
- Epic friendships are built by learning to speak one another's languages. Gary Chapman's Five Love Languages represent primary ways we may prefer to give and receive love. The five love languages are: gifts, quality time, words of affirmation, acts of service and physical touch.
- Epic friendships have the ability to play. In the words of Tim Urban, "when you choose a life partner, you're choosing a lot of things, including your parenting partner and someone who will deeply influence your children, your eating companion for about 20,000 meals, your travel companion for about 100 vacations, your primary leisure time and retirement friend, your career therapist, and someone whose day you'll hear about 18,000 times."
- Epic friendships have a positive perspective of their partner and their relationship.
- A marriage cannot thrive without a strong sense of mutual appreciation and regard between both partners.

You can have intimacy in your marriage only when you are honest with your partner about things that are significant to you. Intimacy occurs when you allow yourself to be truly seen by your partner, the good, the bad and the ugly.

*A successful marriage requires falling in love, many times,
always with the same person.*

ACTIVITIES

Module 3 has been focused on the importance of the marital friendship. In order to build and achieve epic friendship, it is paramount that you understand and speak your partner's love language.

Want to build an epic friendship? First, never quit. Two, speak your partner's love language. This test will get you started. The rest is up to you!

1 THE FIVE LOVE LANGUAGES

The 5 Love Languages® self test will give you a thorough analysis of your emotional communication preference. It will single out your primary love language, what it means, and how you can use it to connect with your loved one with intimacy and fulfillment.

On the following pages are 30 paired statements. Please select the statement that best defines what is most meaningful to you in your relationship as a couple. Both statements may or may not sound like they fit your situation, but please choose the statement that captures the essence of what is (or would be) most meaningful to you, the majority of the time.

Allow 10 minutes to complete the self test. Once completed, tally your score to find out what your Top 2 emotional communication preferences (love languages) are and share them with your partner.

The Five Love Languages Test

By Dr. Gary Chapman

Read each pair of statements and circle the one that best describes you.

1. A. I like it when you hug me.
E. I like to receive notes of affirmation from you.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.

9. B. I like to spend time with you.
A. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
A. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.
D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by.
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.
A. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.
A. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.

- 26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
- 27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
- 28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
- 29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
- 30. E. I need to be hugged by you every day.
A. I need your words of affirmation daily.

Add Total Number of Answers:

- A. _____ **Words of Affirmation**
- B. _____ **Quality Time**
- C. _____ **Receiving Gifts**
- D. _____ **Acts of Service**
- E. _____ **Physical Touch**

MY TOP 2 LOVE LANGUAGES ARE:

- 1. _____
- 2. _____

MY PARTNER'S TOP 2 LOVE LANGUAGES ARE:

- 1. _____
- 2. _____



KEY QUESTION FOR REFLECTION:

How can I express love to my partner — today —in their primary love languages?