# Class Meeting 3
## Chapter 4 – *Love Language #1: Words of Affirmation*

### Love Language #1 | Words of Affirmation
**This language uses words to affirm other people.**
This is when you say how nice your spouse looks, or how great the dinner tasted.  These words will also build your mate's self image and confidence.

1. What makes verbal compliments work as motivators?
2. Do you take the time to encourage your spouse?  In what way or ways have your words of encouragement helped your spouse realize hidden or latent potential?
3. Dr. Chapman points out that the keys to providing the right kinds of encouragement are: (1) empathy; and (2) seeing the world from your spouse's perspective.  Is this an area you might be able to improve upon? What creative steps can you suggest for learning what is important to your spouse?
4. When we have wronged our spouse, what role can kind words play in reconciliation and forgiveness?  How do such words become an expression of love?
5. What is the best way we can handle yesterday's failures?  Why are words of affirmation a powerful means of restoring intimacy?
6. Give examples of humble words.  What do humble words communicate to our spouse?
7. The author suggests several other creative "dialects" of affirmation.  Perhaps you have some ideas of your own you can share.

## Chapter 5 – *Love Language #2: Quality Time*

### Love Language #2 | Quality Time
**This language is all about giving the other person
your undivided attention.**
Some spouses believe that being together, doing things together and
focusing in on one another is the best way to show love.  If this is
your partner's love language, turn off the TV and be attentive!

1. Describe the author's concept of quality time.  What are some ways we can invest quality time with our spouse?  With our families?
2. What is focused attention?  What is its goal?
3. The author teaches that quality conversation is one of the dialects of quality time.  In what ways does quality conversation differ from words of affirmation?  How could you enhance your conversations with your spouse?
4. Discuss the author's five guidelines for engaging quality conversation.  Do you consider yourself a good "quality conversation" listener?  Can you identify ways you can become a better listener?
5. Dr. Chapman suggests that if we need to learn the language of quality conversation, we should begin by noting the emotions we feel away from home.  What are some good examples of events to note during the course of this exercise?  What is the point of this exercise?
6. Contrast the "Dead Sea" and "Babbling Brook" personalities.  Which are you?  Which one describes your spouse?  What are keys to making these opposite personalities more compatible?
7. The author suggests several quality activities.  Discuss your favorite.  Can you suggest other quality activities in which you and your spouse can engage?