

## Class Meeting 5

### Chapter 8 – Love Language #5: Physical Touch



#### Love Language #5 | Physical Touch

**To this person, nothing speaks more deeply than appropriate touch.**

Sometimes just stroking your spouse's back, holding hands, or a peck on the cheek will fulfill this need.

1. Discuss the power of touch as a love language. If this is your spouse's love language, what are some considerations in learning your spouse's love dialect with this language?
2. Why are concepts like open marriage so damaging to a marital relationship? How might marital unfaithfulness impact a spouse whose love language is physical touch?
3. Nonsexual physical touch can be a powerful communicator during times of crisis and disappointments. Reflect on events where your spouse's hug or touch provided you the strength to make it through the crisis.
4. Dr. Chapman relates the story of Patsy and Pete. From their marriage counseling, what did Patsy and Pete discover to be their root problem? What might we learn from their experience regarding our own spouse and our aligning with his or her love language?
5. Is "physical touch" your spouse's love language? If so, review some of the author's suggestions for meeting your spouse's need for physical touch.

### Chapter 9 – Discovering Your Primary Love Language

1. The author mentions two kinds of people who may have difficulty discovering their primary love language. What are those two kinds, and for what reasons might they experience difficulty in determining their love language?
2. Do you know for certain your primary love language? What might be your secondary language or languages? Dr. Chapman suggests spending time writing down what you think is your primary love language. Then, as you weigh them, list the other four languages in their order of importance.
3. Now write down what you think is the primary love language of your spouse. List the other four in order of importance as well. When time permits, sit down with your spouse and discuss what you guessed to be his or her primary love language. Then tell each other what you consider to be your own primary love language.
4. Dr. Chapman provides questions we can ask ourselves to help us discover our primary love language. Discuss these approaches and determine which works best for you. Perhaps you and your spouse may find it helpful to do this exercise together.