

The 5 Love Languages Book Group Questions

Out of respect for the fact that not all couples who are partners are able to legally marry nor do all couples choose marriage, I have substituted the word “partnership” for marriage when possible. Likewise, I have gender neutralized the text as much as possible using the word “partner” rather than husband or wife.

Page numbers refer to the 2010 Northfield Publishing edition of the book.

General Questions

1. Is it possible for a couple with different love languages to succeed?
2. Is it easier to be in a relationship where both members speak the same language?
3. Are the five love languages “the secret to love that lasts” as the subtitle argues?
4. Why doesn’t Chapman share stories of failures?
5. Do we need components of all five love languages to have a full relationship with another person?
6. What if your partner refuses to learn your love language? Why would someone choose to act in this way towards their partner?

Chapter 1: After the Wedding

7. What happens to love after the wedding? (13)
8. Do three divorces “just happen” to one person? (13)
9. Why have so few couples found the secret to keeping love alive? (13)
10. Are love languages real in your experiences? Have they impacted your relationships? (15)
11. Is it possible to learn your partner’s love language? Or will they always be speaking Chinese? (15)
12. Why do we pick spouses who don’t speak our love languages? (15)

Chapter 2: Keeping the Tank Full

13. Is life unbearable without love? (19)
14. How do we find love if we aren’t in a romantic relationship? (19)
15. What is love? (20)
16. Is it possible to grow up without love and end up a healthy adult emotionally speaking? (21)
17. Do we look for love in the wrong places because of our primal needs? (22)
18. Is solitary confinement the cruelest of punishments? (22)
19. Is filling one’s emotional tank enough to make a partnership work? Can partnerships be saved if the tank gets refilled? Does a full love tank make it easier for couples to discuss differences and resolve conflicts? (23)

Chapter 3: Falling in Love

20. Why does love make us blind? (28)
21. Are long term partnership and ecstasy compatible? (29)
22. Why does our society create the myth that love will last forever? (30)
23. Is being “in love” an illusion? (31)
24. Are we egocentric by nature? (32)
25. Is falling out of love the only thing that creates divorce? (32)
26. Is it possible for love to involve emotions and reason from the start? Can true love be present even from the start of a relationship? (33)
27. “Love is the attitude that says, ‘I am married to you, and I choose to look out for your interests.’” Is this a good definition of love? (34)

Chapter 4: Words of Affirmation

28. “What would happen to the emotional climate of a [relationship] if the [partners] heard... words of affirmation regularly?” (38)
29. Do verbal compliments motivate everyone? Can they actually shut down some people? (39)
30. How important is empathy in a relationship? (42)
31. Do most of us have more potential than we will ever develop? Is lack of courage what holds us back? (42)
32. Is forgiveness the way of love? (44)
33. Is just accepting something as history enough to move on? Is it enough to bring about healing? What about in situations of abuse? (44)
34. Are all relationships between equal partners? Is this possible to change? (45)
35. How vital is it to express our needs to our partners? (45)
36. Are being a domineering spouse and ceasing to love actually the same thing as Chapman asserts? (46)
37. What if your mate never responds to your requests? (46)
38. Is one of the deepest needs to be appreciated? (46)
39. Does it feel manipulative to you to intentionally say positive things about your partner when they aren’t around hoping that the information will get back to them? (47)
40. How does emotional withdrawal work as a coping technique? (47)
41. What happens if you can’t find positive traits about your partner when you try to make a list of them? (48)
42. “Share instances... when words had a profound impact on your life—positively or negatively.” (50)
43. What do you think of Chapman’s suggestions for words of affirmation in action? (51-2)

Chapter 5: Quality Time

44. Can watching tv together be quality time? (55, 59)
45. Can you tell the difference between dating and a married couple when you walk into a restaurant and see two people on a date? What indicates the difference? (55)
46. What distracts us from giving each other our full attention in our lives? What activities keep us from spending quality time with our partners? (59, 70)
47. Does knowing too much about someone decrease the power of quality time? (61)
48. How often do we speak more than we listen? (62)
49. Does it help improve a relationship to ask yourself what emotion your partner is experiencing? (63)
50. How common is it for partners to shut down from talking to each other? (64)
51. Do quality activities create a memory bank that allows us to remember happy things? (69)

Chapter 6: Receiving Gifts

52. Does the price of a gift matter? (76)
53. Is gift giving fundamental to love across cultures? (77)
54. How important are wedding rings? (77)
55. Does being critical of gifts received automatically mean it’s not someone’s love language? (79)
56. Is telling someone that you value their presence enough to get them to actually give you their presence? (81)
57. How have your previous partners best supported you with their time? How have you felt let down?
58. How does the gift of self differ from quality time? (82, chapter 5)
59. “When I talked to Doug about my feelings, he’d laugh at me and say we had as good a marriage as anybody else in the community. He didn’t understand why I was so unhappy. He would remind me

that the bills were paid, that we had a nice house and a new car, that I was free to work or not work outside the home, and that I should be happy instead of complaining all the time. He didn't even try to understand my feelings." Is this the idea of marriage that most of society holds? (83)

60. What does it take for a partner to change? (83)
61. What are some of the best gifts you've given or received, not in terms of money but in terms of love? (86)
62. Is a gift from a personal shopper just as valuable as one your partner selected? (88)
63. Does everyone appreciate charitable gifts made in their names? (88)

Chapter 7: Acts of Service

64. Can a couple survive if they disagree on everything? (92)
65. Why do people seemingly become completely different after commitment? (95)
66. Do we all fall into the same roles as our parents in partnerships and marriage? (96)
67. Are lists of what you expect of your partner helpful in relationships? (97)
68. Have you ever spoken the same language as a partner? How does it change the dynamics of a relationship? (99)
69. Is love a choice? (100)
70. Are our partners mirrors of our deficiencies? Do we criticize our partners in the areas where we most need improvement? (100)
71. Is it possible to salvage a "doormat" relationship? (101)
72. How do popular gender roles influence our romantic relationships? How can one overcome stereotypes? (102)
73. What if the acts of service your partner insists upon deeply conflict with your own values or desires? (106)

Chapter 8: Physical Touch

74. If studies show the importance of touch for infants, why does our society fight against giving our children lots of attention? (cry it out methods, not spoiling a baby by holding it too much, etc.) (109)
75. Does the explanation of why abuse is so difficult for those whose primary language is touch ring true to you? (110)
76. How does tickling fit in with loving touch? (110)
77. What do you do when one of your favorite forms of touch is one your partner despises? (110-1)
78. How vital is touch to all romantic relationships regardless of love languages? (114)
79. What can you do when your partner refuses counseling? (116)
80. How many of us don't know our own love languages prior to reading this book or being exposed to Chapman's ideas? Why don't we understand this part of ourselves? (117)
81. How can couples who are living together go six weeks without touching at all? (117)
82. Why do we test others' love for us? (117)
83. Can touch really not matter to some people, or is that a lie we tell ourselves to explain an absence in our lives? (118)

Chapter 9: Discovering Your Primary Love Language

84. Is Chapman's view of male and female sexual needs and desires accurate? Are women's sexual needs more influenced by their emotions? Is sexual desire purely physically based for men? (125)
85. Why are stereotypes about male and female sexual desires problematic? (159)
86. Is Chapman's perspective on sexual problems accurate? Will speaking your partner's love language solve all sexual issues? (126)

88. Is it possible to have multiple love languages? What does it mean if absences of multiple love languages in your relationship pain you deeply? (127)
88. Why do we project our primary love languages and desires onto our partners? (127-8)

Chapter 10: Love is a Choice

89. How does pursuing the American dream impact our romantic relationships? (134)
90. Is it possible for two people to truly not love each other anymore? Or is it just an absence of being “in love?” (135)
91. Why do most men not leave relationships unless they have someone waiting in the wings? Is this actually true? (137)
92. Is divorce harder on children than two parents living together who aren’t in love? (137)
93. “Almost never do two people fall in love on the same day, and almost never do they fall out of love on the same day.” Is this true? (138)
94. What are the limits on doing things for your spouse that make you uncomfortable? How much should you be willing to suffer for your spouse’s happiness? (139)

Chapter 11: Love Makes the Difference

95. Is tying our self-worth into our partner’s love really a healthy strategy? (143)
96. How do you get a resistant partner to attend therapy? (145)
97. Is a relationship without arguments a healthy relationship? (145)

Chapter 12: Loving the Unlovely

98. Is it possible to love someone you hate? (151)
99. Is Chapman’s “experiment” with the woman in an abusive relationship a good idea? (155)
100. Is subverting all your needs to meet an abusive partner’s needs a healthy approach to healing? (159)
101. Why are specific requests important in human relationships? (161)
102. Is Glenn’s behavior of stopping his abusive actions in response to his wife one-sidedly enacting the five love languages a realistic expectation? (162)

Chapter 13: A Personal Word

103. How does one draw upon spiritual resources to work through relationship issues if one is partnered with an atheist? (168)
104. Can this book benefit singles, too? (169)

FAQs

105. Has your love language changed over the course of your life? (176)
106. If the love languages are gender neutral, then why does Chapman have separate questionnaires at the back of the book for men and women? (179, 192)
107. Is a person who is already having in an affair and who says they don’t want to work on the relationship really a person one wants to be in a relationship with? (183-4)
108. How do narcissists fit in Chapman’s world view? (183-4)
109. Are affairs always a sign of bigger problems? Who should shoulder the blame for the affair? (184)
110. Does applying these love languages to your parents help understand issues in your relationships with them? (188)