

*Returning to the*

# Heat

*Adding spark to your relationship again.*

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*Returning to the*

# Passion

*Adding spark to your relationship again.*


*Returning to the*

# Heat

*Adding spark to your relationship again.*



How to do it?



*It's all  
about  
these  
four  
words.*

Time  
Touch  
Talk  
Listen

*It's all  
about  
these  
four  
behaviors*

Spending **time** together

*It's all  
about*

Touching the body and the heart

*these*

Talking about your feelings & ideas

*four*

Listening nonjudgmentally

*behaviors*

*(with the heart not just with the ears)*

*The number one complaint in relationships?*

Dissatisfied with the amount of time spent together and lack of romance in the relationship.



*The number one complaint in relationships?*

**Too busy**

*The number one complaint in relationships?*

Not Enough  
**Romance**

Here are a few point to  
stimulate your thinking.

Husbands, stop helping  
your wives around the  
house. That's not good for  
you nor the marriage.

Wives, remember while your husband is working on the job he is actually thinking more of you every hour. Working on the job for him is like a sex turn on.

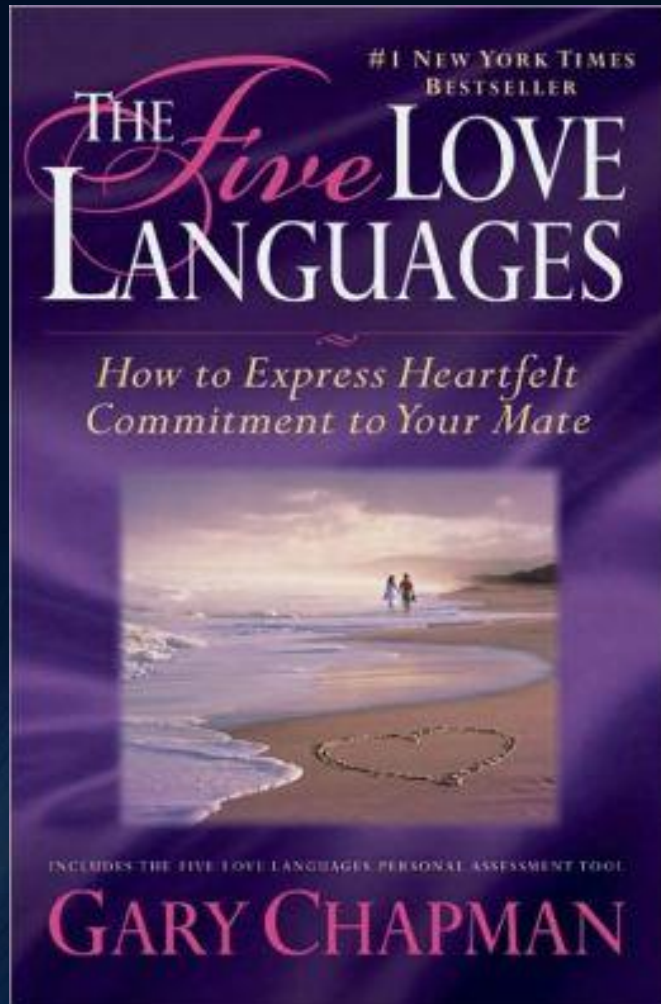
Wives, not every  
time he has an  
erection it means he  
want to have sex.

Husbands, she might  
not want you to cook  
but she still wants you  
near her.



The 5 Love Languages<sup>®</sup>





1992, 1995, 2005



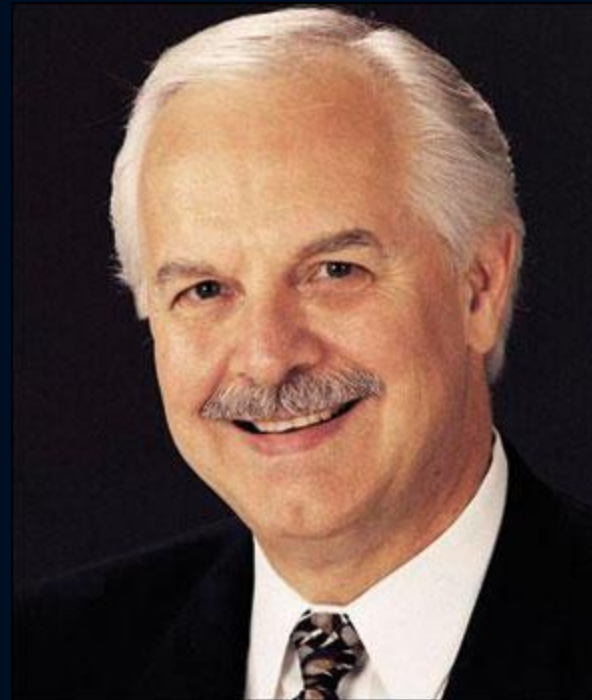
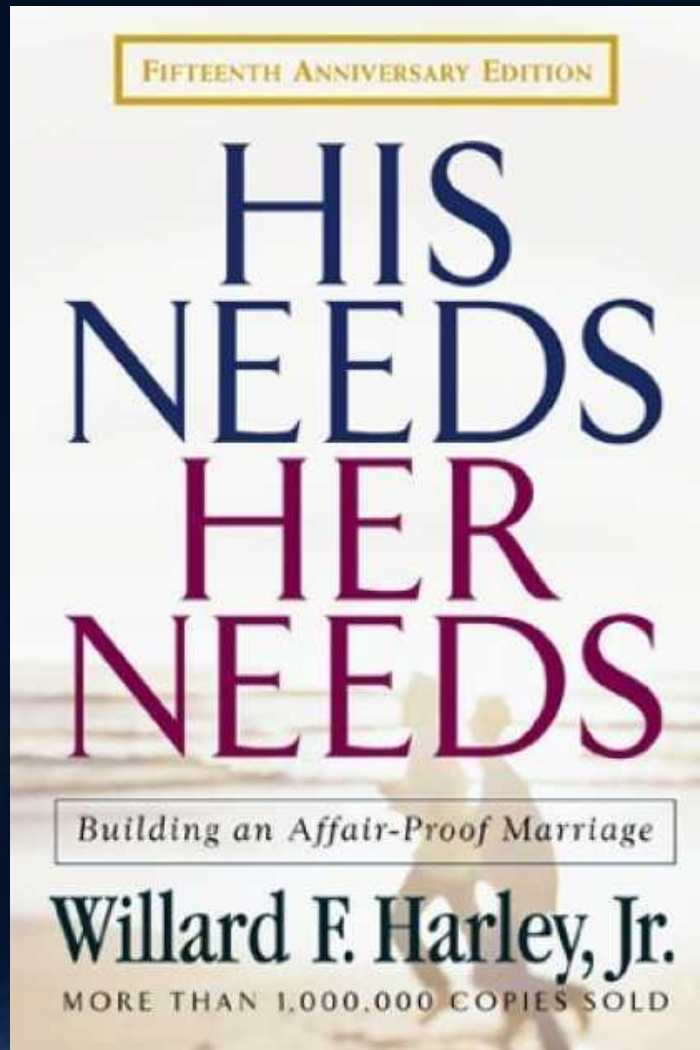
**Dr. Gary Chapman**  
*Clinical Psychologist*  
*Director of Marriage and Family Life Consultants*

## The Five Love Languages:

- Words of Affirmation
- Quality Time
- Receiving of Gifts
- Acts of Service
- Physical Touch



His Needs Her Needs



**Dr. Willard Harley**  
*Clinical Psychologist*

# Needs in Relationships

- Admiration
- Affection
- An Attractive Spouse
- Conversation
- Family Commitment
- Financial Support
- Honesty and Openness
- Recreational Companionship
- Sexual Fulfillment

“When one needs goes unmet the marriage is vulnerable to an affair.”

Dr. Willard Harley

# The 5 Love Languages<sup>®</sup>



# Words of Affirmation

- Verbal compliments, or words of appreciation, are powerful communicators of love. They are best expressed in simple, straightforward statements of affirmation, such as:
  - "You look sharp in that suit."
  - "Do you ever look incredible in that dress! Wow!"
  - "I really like how you're always on time to pick me up at work."
  - "You can always make me laugh."



# Quality Time



It means giving someone your undivided attention. It means doing simple things together. It is not sitting on the couch watching television together. It means taking a walk, just the two of you, or going out to eat and looking at each other and talking.

# Receiving Gifts



“Almost everything ever written on the subject of love indicates that at the heart of love is the spirit of giving. All five love languages challenge us to give to our spouse, but for some, receiving gifts, visible symbols of love, speaks the loudest.”

# Receiving Gifts



“A gift is something you can hold in your hand and say, “Look, he was thinking of me,” or, “She remembered me.” You must be thinking of someone to give him or her a gift. The gift itself is a symbol of that thought. It doesn't matter whether it costs money.”

# Acts of Service



“By acts of service, I mean doing things you know your spouse would like you to do. You seek to please her by serving her, to express your love for her by doing things for her.”

# Acts of Service



“Consider actions such as cooking a meal, setting a table, emptying the dishwasher, vacuuming, changing the baby's diaper, picking up a prescription, keeping the car in operating condition – they are all acts of service. They require thought, planning, time, effort and energy. If done with a positive spirit, they are indeed expressions of love.”

# Physical Touch



“Physical touch is also a powerful vehicle for communicating marital love. Holding hands, kissing, embracing and sexual intercourse are all ways of communicating emotional love to one's spouse. For some individuals, physical touch is their primary love language. Without it, they feel unloved. With it, their emotional tank is filled, and they feel secure in the love of their spouse.”

# Physical Touch



Note carefully that the first physical touch is not sex. Having sex without holding hands first, hugging or kissing first, diminishes the purpose and value of sex.



**Homework**



# Homework

Tonight, sleep naked all night and do not have sex.

Beginning tonight, sleep naked every night for seven days and do not have sex.

# Homework

Two times this week go on a romantic walk while holding hands for at least twenty consecutive minutes.

# Homework

Husbands, for the next seven nights lift her in to the bed and give her a deep wet kiss.

## Homework

Wives, for the next seven mornings, find your husband when you wakes up and hug him and passionately kiss him for twenty seconds.

# Homework

Before you make love dance naked, while holding each other closely for at least the length of one song.

Have a With  
passionate no  
night sex