

## Week 4 Discussion Questions, 5 Love Languages

**Read Chapters 10 & 11. Be prepared to discuss**

### Chapter 10: “Love Is a Choice”

This chapter focuses on moving past the euphoric, but temporary, “in-love” experience and choosing to love your partner. It addresses what to do when feelings have faded and old conflicts cause resentment.

#### **Discussion questions for your partner:**

- **The “in-love” experience:** Dr. Chapman notes that the “in-love” feeling naturally fades. Have you noticed a shift in our relationship over time as this initial high subsided? What was that experience like for you?
- **Choosing love:** The book argues that love is a choice. Can you think of a time when you consciously chose to express love to me, even if you weren’t “feeling it” at that moment?
- **Forgiveness:** Dr. Chapman says that love doesn’t keep score of wrongs. How can we get better at letting go of past hurts and resentment so they don’t block us from loving each other effectively?
- **Creating a new future:** The chapter suggests that expressing love can change the future of a marriage. What is one new, active expression of love we could start practicing to create a better emotional climate?

#### **Personal reflection questions:**

- Have my poor choices in the past affected how my partner receives love now? What can I do differently going forward?
- Am I waiting to “feel” love for my partner before acting lovingly? How can I begin to act lovingly to restore those feelings?
- Am I more likely to extend “justice” or “forgiveness” when my partner has wronged me? What would extending forgiveness look like in this situation?

### Chapter 11: “Love Makes the Difference”

This chapter builds on the previous one, emphasizing that when a couple is consistently speaking each other’s primary love language, they can address difficult issues from a place of security and love.

#### **Discussion questions for your partner:**

- **A “full” love tank:** The book explains that when our emotional love tank is full, we feel secure in the relationship. What makes you feel the most secure and loved in our relationship?
- **Differing perspectives:** Dr. Chapman notes that every partner brings their own unique history and baggage into a marriage. What emotional baggage do you feel like you brought into our relationship, and how has our love helped you with it?



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- **Discussing difficult topics:** The book says that a healthy love makes it safe to talk about difficult problems. Can we discuss a challenging topic while focusing on understanding each other's perspective rather than scoring points?
- **Restoring emotional love:** The chapter suggests that emotional love can be reborn in a marriage. What's one action I can take this week that would speak your primary love language and help restore your feeling of love?

**Personal reflection questions:**

- When a conflict arises, do I approach it with a "we're in this together" attitude or a "battlefield" mindset? What can I do to foster an attitude of partnership?
- How can I be a better ally for my partner? Am I supporting them or viewing them as an opponent in our arguments?
- What past failures or wounds do I need to let go of to move toward a healthier marriage?



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