

Week 5 Assignment: 5 Love Languages

Read Chapters 12 & 13

From Chapter 12: Loving the Unlovely - Discussion questions for Chapter 12 of the 5 Love Languages.

Chapter 12 addresses how to handle serious marital problems. Chapman argues that even when resentment and past hurts have accumulated, it is possible to turn the relationship around by choosing to show love, especially when it is not easy to do so.

The chapter tells the story of a couple, Ann and Glenn, who are stuck in a negative cycle of communication. Chapman advises Ann to stop nagging and instead proactively express love in her husband's love language, which was physical touch and words of affirmation. Ann follows this advice and sees a gradual, positive change in Glenn's attitude and their relationship. The core message is that consistently choosing to love, even when your partner is "unlovely," can eventually break negative patterns and restore intimacy.

Discussion questions for couples

On recognizing negative patterns

1. Can you identify any "negative cycles" or specific recurring arguments that we get stuck in? What phrases, like "you always..." or "you never...", do we tend to use during these conflicts?
2. Have past hurts or resentments clouded our ability to love or feel loved? What are some past failures that we need to genuinely forgive each other for and leave in the past?
3. Are there times when we've forgotten how to love each other in a way that feels good? What small actions could we take to get back on track?

On taking intentional action

1. Chapman advises Ann to focus on her husband's positive qualities. What positive things could we intentionally focus on appreciating in each other, especially during disagreements?
2. Ann's plan included asking her husband, "What can I do to be a better spouse to you?" What would be your honest answer if I asked you that right now?



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3. Chapman suggests that a loving action that doesn't come naturally can be a powerful expression of love. What actions could we commit to taking for each other, even if they feel challenging?

On restoration and healing

1. "Love doesn't keep a score of wrongs," the chapter reminds us. In what areas might we still be keeping score? How can we let go of that and move forward in forgiveness?
2. Chapman describes how Ann's consistent, loving actions eventually broke through Glenn's defenses. Do we believe that consistently speaking each other's love language can have a "staggering effect" on our relationship, even when things are difficult?
3. The book's story involved a six-month "experiment". Can we try a new, intentional practice for a set period to see what happens? What new habit would we like to form to improve our connection?

Chapter 13: A Personal Word – Reflections & Comments from group



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