

## **Praise for *The 5 Love Languages Military Edition***

In our 39 years in the Army and especially in the years since 9/11/01, Paula and I have witnessed firsthand the extreme stress on many military marriages and the need for couples to build “emotional love resilience.” As long-time practitioners of *The 5 Love Languages*, we are thrilled that military couples will now have a targeted version that speaks “their own language” and will help them renew their love for each other. You can have a successful military career and a healthy marriage—*The 5 Love Languages Military Edition* will help show you the way!

**~LTG (RET.) R. L. VANANTWERP, U.S. Army**

A healthy military marriage is a tall order even in peacetime. Two wars and their aftermath have exacted an immeasurable toll on millions of service members and their spouses since 09-11-01. Chapman and Green’s proven insights can help emotionally wounded military couples to speak the language of love even on the chaotic journey that is post-traumatic stress.

**~MARSHALE CARTER WADDELL, veteran Navy SEAL spouse and coauthor of *Wounded Warrior, Wounded Home: Hope and Healing for Families Living with PTSD and TBI***

When Barb and I learned that our two friends Jocelyn Green and Gary Chapman had teamed up to bring *The 5 Love Languages* to military marriages, we knew it was going to be a “1-2 punch”! And it is! The life message that Gary brings on the love languages through the experience and filter of Jocelyn Green, a star in the field of ministering to military families, offers the reader a powerful insight into strengthening their military home! Having ministered to military marriages ourselves, we know some of the unique needs of these heroic families. And we guarantee the reader this resource will further equip you to “crack the code” and learn how to better connect with your spouse! Read it and give it to every military family you know!

**~DR. GARY AND BARB ROSBERG, America’s Family Coaches, authors, *6 Secrets to a Lasting Love*, radio broadcasters, speakers, and passionate military marriage advocates**

For years, our family has communicated using *The 5 Love Languages* and found the results to be incredibly successful. Now, with the military version of this book, we are able to express love in an effective, encouraging, and empathetic manner that helps our military members and their families know how much we truly care about them. As the wife of a fighter pilot and mom to sons in the Marines, Air Force, and Army, I’m delighted to recommend this critical resource to the many military groups I address on a regular basis. Buy this book for your favorite military family as a way of thanking them for their service.

**~ELLIE KAY, author of the bestselling *Heroes at Home*, “America’s Military Family Expert”™**

I have used *The 5 Love Languages* over the past 12 years to conduct numerous marriage enrichment weekend events, in formal counseling with couples, informal counseling as I walk about ministering to people, and in dealing with leaders. The adaptation of the original *5 Love Languages* to a military focus will only enhance the positive effects this book produces. I firmly believe that this is not only one of the best books for relationship improvement, it is also one of the best leadership books on the market today. The ability to understand subordinate, peer, and senior love language needs improves every organization’s relationships as leaders meet these needs. Thank you Dr. Chapman and Jocelyn Green for improving on a great book so that we might reach more effectively those Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen to whom so many of our great ministers of faith have been called.

**~CH (MAJ) SCOTT BROWN, U.S. Army**

As an Army wife of more than 25 years, I have lived the roller-coaster life of constant moves and separations. During my quest to find resources to help sustain a loving marriage I came across a lot of valuable research and advice, but it wasn't applicable for couples who face the stress of deployments and redeployments along with the fast tempo and demands of military life. FINALLY, Dr. Chapman's reputable work with *The 5 Love Languages* and Jocelyn Green's insight into military life have produced the perfect combination to help military couples see that a healthy, loving marriage and a successful military career are both possible. This is the book we have been seeking. What a treasured gift for our military families.

**~HOLLY SCHERER, military life consultant and coauthor of *Military Spouse Journey; 1001 Things to Love About Military Life; and Help! I'm A Military Spouse—I Get a Life Too!***

This is a must-have resource in a family's "kit bag." Dr. Chapman's work has enriched our lives on so many levels, and we are overjoyed there is a special edition that speaks directly to the military community. Effective communication is instrumental in building and sustaining resilience. Knowing how to speak your partner's love language is a wonderful tool to help maintain a strong, enduring, and joyful relationship.

**~NATE BROOKSHIRE, coauthor of *Hidden Wounds: A Soldier's Burden***

*The 5 Love Languages Military Edition* provides a valuable tool for couples trying to build a strong relationship in the midst of the enormously challenging stresses of military service. It provides practical instruction on how to identify the true needs of your spouse and gives suggestions of actions to take that will be the most meaningful to them—all within the unique context of military cross-country moves, deployments, and reintegration. For those willing to make the sacrifices and put in the hard work, this book will be a useful guide to achieving a healthy, mature, and rewarding marriage.

**~RICHARD CROWLEY, Army spouse**

*The 5 Love Languages Military Edition* is exactly what every military marriage needs. The decoding section at the back of each chapter has great tips to keep the spark going while the military member is away, but these tips can also be used when the military member is at home. Once you and your spouse learn each other's love language, life becomes much sweeter.

**~MAUREEN ELIAS, Air Force spouse**

As military couples, we understand what is challenging about our marriages. Rarely do we find anyone willing to supply us with practical answers for those challenges—until Dr. Gary Chapman and Jocelyn Green in *The 5 Love Languages Military Edition*. This book will give you real help for the real struggles of military marriage.

**~CDR (RET.) ROBERT AND BETTINA DOWELL, U.S. Navy**

Teaching couples to discover their unique love language and learn to communicate their affection more strategically has been Dr. Chapman's mission for years. This military edition with Jocelyn Green considers the added challenges military families face, due to deployments and other geographical separations, making this book a must-have resource for chaplains, military support personnel, ministry leaders, and military couples alike. Buy more than one copy, because you will be sharing it with friends!

**~JILL BOZEMAN, Army spouse and founder of Operation Faithful Support**

The **5** Love  

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MILITARY EDITION

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**Languages**

The Secret to Love That Lasts

**GARY CHAPMAN**  
WITH JOCELYN GREEN

**NORTHFIELD PUBLISHING**  
CHICAGO

# Contents

Acknowledgments .....	9
Introduction .....	11
1. What Happens to Love in a Military Marriage? .....	15
2. Keeping the Love Tank Full .....	23
3. Falling in Love .....	31
4. Love Language #1: Words of Affirmation .....	41
5. Love Language #2: Quality Time .....	61
6. Love Language #3: Receiving Gifts .....	85
7. Love Language #4: Acts of Service .....	103
8. Love Language #5: Physical Touch .....	123
9. Love Language Scramblers .....	139
10. Discovering Your Primary Love Language .....	149
11. Love Is a Choice .....	159
12. Loving the Unlovely .....	169
13. A Personal Word .....	185
14. Frequently Asked Questions .....	191
The 5 Love Languages Profile for Husbands .....	203
The 5 Love Languages Profile for Wives .....	209
Notes .....	215



## CHAPTER 1

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# What Happens *to* Love *in a* Military Marriage?

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I first met Chuck in Germany. He had a successful military career—twenty-three years under his belt. However, in his own words, “My marriage is in shambles. I don’t understand love and I’m not sure you can keep love alive in a military marriage. I was madly in love with my first wife. We were high school sweethearts. We got married right after graduation, and a month later I joined the military. The first couple of years were exciting, but eventually our love grew cold. We seemed like roommates living in the same house. On the day after our tenth anniversary, she went home to visit her mother and never returned. I didn’t feel all that bad about it because by this time neither one of us loved each other.”

“What about your second marriage?” I inquired.

“It was about a year after our divorce that I met Cathy. At the time, she was also in the military. It was one of those ‘love at first sight deals,’” he said. “It was great. We had an awesome marriage until we got assigned to different bases. That was tough. So a year later, she left the military so we could be together. Then, the baby came along and things

changed. We never rediscovered the connection we had in the first year of our marriage. It was like our love evaporated. She and our son left last Tuesday to go back to the States, and I know it's just a matter of time until she files for divorce."

"When things were going well, how did you express your love to Cathy?" I asked.

"I told her how beautiful she was. I told her I loved her. I told her how proud I was to be her husband. But after three or four years, she started complaining about petty things at first—like my not taking the garbage out, or my not hanging up my clothes. Later she went to attacking my character, telling me she didn't feel she could trust me, accusing me of being unfaithful to her. She became a totally negative person. When I met her she was one of the most positive people I had ever known. That's one of the things that attracted me to her; she never complained about anything. Everything I did was wonderful, but after a few years, I could do nothing right. I really think I tried. I honestly don't know what happened."

I could tell Chuck was experiencing internal struggle over what was going on in his marriage, so I said, "You still love Cathy, don't you?"

"I think I do," he said. "I don't have the kind of love I had when we first got married, but I certainly don't want a divorce. I think we could have made it, but I don't think Cathy wants to work on the marriage." I could tell this strong warrior had a wounded heart.

"Did things go downhill after the baby was born?" I asked.

"Yes," he said. "I felt like she gave all of her attention to the baby, and I no longer mattered. It was as if her goal in life was to have a baby, and after the baby she no longer needed me."

"Did you tell her that?" I asked.

"Yes, I told her. She said I was crazy. She said I did not understand the stress of being a twenty-four-hour nurse, and I should be more un-

derstanding and help her more. I really tried, but it didn't seem to make any difference. After that we just grew apart. After a while there was no love left, just deadness."

Chuck continued the conversation and I listened. "What happened to love after the first year of marriage?" he asked. "Is my experience common? Is that why we have so many divorces in the military? I can't believe this has happened to me twice. And those who don't divorce, do they learn to live with the emptiness, or does love really stay alive in some marriages?"

The questions Chuck asked are the questions thousands of military couples are asking. Sometimes the answers are couched in psychological research jargon that is almost incomprehensible. Sometimes they are couched in humor and folklore. Most of the jokes and pithy sayings contain some truth, but they are often like offering an aspirin to a person with cancer.

The desire for romantic love in marriage is deeply rooted in our psychological makeup. Books abound on the subject. Television and radio talk shows deal with it. The Internet is full of advice. So are our parents and friends. Keeping love alive in our marriages is serious business.

With all the help available from media experts, why is it so few couples seem to have found the secret to keeping love alive after the wedding?

## **THE TRUTH WE'RE MISSING**

The answer to those questions is the purpose of this book. It's not that the books and articles already published are not helpful. The problem is we have overlooked one fundamental truth: People speak different love languages.

My academic training is in the area of anthropology. Therefore, I have studied in the area of linguistics, which identifies a number of

major language groups: Japanese, Chinese, Spanish, English, Portuguese, Greek, German, French, and so on. Most of us grow up learning the language of our parents and siblings, which becomes our *primary* or native tongue. Later, we may learn additional languages—but usu-



Your emotional love language and the language of your spouse may be as different as Chinese from English.

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ally with much more effort. These become our *secondary* languages. We speak and understand best our native language. We feel most comfortable speaking that language. The more we use a secondary language, the more comfortable we become conversing in it. If we speak only our primary language and encounter someone else who speaks only his or her primary language, which is different from ours, our communication will be

limited. We must rely on pointing, grunting, drawing pictures, or acting out our ideas. We can communicate, but it's awkward. Language differences are part and parcel of human culture. If we are to communicate effectively across cultural lines, we must learn the language of those with whom we wish to communicate.

In the area of love, it is similar. Your emotional love language and the language of your spouse may be as different as Chinese from English. No matter how hard you try to express love in English, if your spouse understands only Chinese, you will never understand how to love each other. Chuck was speaking the language of words of affirmation to Cathy when he told her she was beautiful, he loved her, and he was proud to be her husband. He was speaking love, and he was sincere, but she did not understand his language. Perhaps she was looking for love in his behavior and didn't see it. Being sincere is not enough. We must be willing to learn our spouse's primary love language if we are to effectively communicate love.

My conclusion after thirty-five years of marriage counseling is that

there are five emotional love languages—five ways people speak and understand emotional love. In the field of linguistics a language may have numerous dialects or variations. Similarly, within the five basic emotional love languages, there are many dialects. That accounts for the magazine articles titled “10 Ways to Let Your Spouse Know You Love Her,” “20 Ways to Keep Your Man at Home,” or “365 Expressions of Marital Love.” There are not 10, 20, or 365 basic love languages. In my opinion, there are only five. However, there may be numerous dialects. The number of ways to express love within a love language is limited only by one’s imagination. The important thing is to speak the love language of your spouse.

Seldom do a husband and wife have the same primary emotional love language. We tend to speak our primary love language, and we become confused when our spouse does not understand what we are communicating. We are expressing our love, but the message does not come through because we are speaking what, to them, is a foreign language. Therein lies the fundamental problem, and it is the purpose of this book to offer a solution. That’s why I dare to write another book on love. Once we discover the five basic love languages and understand our own primary love language, as well as the primary love language of our spouse, we will then have the needed information to apply the ideas in the books and articles.

Once you identify and learn to speak your spouse’s primary love language, I believe you will have discovered the key to a long-lasting, loving marriage. These languages can be spoken even when you are separated by deployment. Love need not evaporate after the wedding, but in order to keep it alive most of us will have to put forth the effort to learn a secondary love language. We cannot rely on our native tongue if our spouse does not understand it. If we want them to feel the love we are trying to communicate, we must express it in his or her primary love language.

## **YOUR TURN**

*Complete the following: "There would be fewer divorces if only people  
\_\_\_\_\_."*