You've read the book—now talk about it! Whether you want to be closer to your parents, have better friendships, or give dating another try, knowing and applying the five love languages will give you the confidence you need to connect with others in a more meaningful way.

INTRODUCTION

We are about to experience a journey of discovery as we search for understanding regarding one of life's greatest challenges: How can we fulfill our need to give and receive emotional love as singles?

The guide for navigating this journey is a format we call C-groups. C-groups are a simple and extremely practical technique for living out the principles shared in *The 5 Love Languages: Singles Edition*. Much easier than a traditional small group, you can use C-groups in a home, a workplace setting, a church-based group, or even adapt it to fit a weekend retreat format.

Depending on your time and limitations, each session can be shared over a thirty to sixty-minute breakfast, lunch, or evening meal time. Of course, the material is also usable for personal study and reflection, though maximum impact will only be achieved in shared community.

Before starting, be sure each group member has a copy of this group guide in addition to a copy of *The 5 Love Languages: Singles Edition*. In each of the fourteen interactive sessions, Gary Chapman leads us through the four steps of a C-group:

CHECK PROGRESS: Each session begins by having each person share what has happened in their lives since the previous C-group. Before learning anything new, check how previous information has been experienced in one another's lives.

CONSIDER THE TRUTH: Next, interact with one another using the study guide questions based on each chapter of *The 5 Love Languages: Singles Edition*. Allow each person to share what has made the biggest impact in their life or thinking.

CONNECT WITH YOUR LIFE: Third, each session is designed to advance life-change in its readers. This includes journaling points and specific action steps you can apply during the next week to encourage use of the concepts in everyday life situations.

COMMUNICATE TO OTHERS: Ultimately, you must pass on what you are learning to others. The most direct way to accomplish this is to facilitate a C-group of your own.

Here's how this group works. At your first gathering, meet with your friends and bring your copy of *The 5 Love Languages: Singles Edition* and group study guide. This guide will walk you through each step of the process. There is no outside preparation needed.

Once your C-group has begun, members can (and should be encouraged to) begin additional groups where they not only live out the five love languages, but also communicate the concepts they have learned with others.

Can it be this easy? While no group is without its problems, sharing what you are personally gaining from *The 5 Love Languages: Singles Edition* will create shared experiences that become memories and foundations for a lifetime of better relationships. So hang on and prepare for a life-changing ride that will radically alter your view of life!

Single Adults: Significant & Growing

CHECK PROGRESS

What was your primary reason for joining this group?

What concerns do you have as you embark on an enhanced understanding of love as a single adult?

CONSIDER THE TRUTH

Of the five groups of singles mentioned in chapter 1, which category best describes you: never married, divorced, separated but not divorced, widowed, or single parent?

During a time of need, how have you experienced a friend's love similar to Rob's story (pp. 19–20)? What difference did it make in your life?

How strongly do you agree or disagree with the author's quote that, "Much of the pain in broken relationships in contemporary society is because western culture has never been a serious student of love"? (p. 22). Why did you choose this particular response?

What idea or story in chapter 1 has made the biggest impact in your attitude about love?

CONNECT WITH YOUR LIFE

Chapter 1 describes love as a "learned emotion." What is something specific you could do this week to become a better student in showing love to others?

Journaling Point: Take some time this week to list people who have shown significant love toward you during your lifetime. What common themes can you identify from your list?

Action Point: Write or call one person from your journal list to thank him or her for the difference this love made to you.

COMMUNICATE TO OTHERS

How do you feel about the challenge to start a group like this with others? If you were to begin your own group at some point, who would you want to involve?

NOTES:

The Key to Your Relationships

CHECK PROGRESS

How have you connected the previous session's learning with your life since our last meeting?

Share highlights from your journaling and action points from last week.

CONSIDER THE TRUTH

Chapter 2 shares: "All your relationships are impacted by the relationship you had with your parents" (p. 26). How have you seen this to be true in your life?

We often believe love is simply something that "happens to you." In what ways is this true? In what ways is this not true?

The major focus in chapter 2 argues for two stages of romantic love: obsessive and covenant. What are some differences between these two stages you have experienced during a relationship?

The author explains that the five love languages apply to all relationships. What are some areas outside of a dating relationship where you see a need for applying the five love languages?

CONNECT WITH YOUR LIFE

Ask a friend who is currently in a dating relationship how the relationship is going. Use what you have learned to decide if the couple is primarily in the obsessive or covenant love stage or a combination of both.

Journaling Point: Use at least one page to write your response to the following statement: "The way my parents (or other guardian) expressed love to me has affected my attitude toward others by _____."

Action Point: Contact one of your parents this week (if applicable) and share something that you have learned from this week's session.

COMMUNICATE TO OTHERS

Have you shared your learning from session 1 with anyone since last week? What happened? Who do you know who could use a copy of *The 5 Love Languages: Singles Edition* right now?

NOTES:

Love Language #1: Words Of Affirmation

CHECK PROGRESS

What is one observation you have noticed in the past week regarding how your style of showing love is the same or different from your parents?

If you have communicated with a parent since last time, what happened? What was his or her response to what you shared from your learning?

CONSIDER THE TRUTH

What was your response to the statement that words of affirmation can be learned (p. 38)? How have you seen this to be true or untrue in your conversations with others?

How does Brian's story connect with what you have encountered in dating relationships (p. 38)? What problems do you run into when "it gets personal"?

The author encourages us to "start where we are" in affirming others. If you were to evaluate yourself from 1 to 10 on how affirming you are, what would you say? Where are you "starting from" in your ability to affirm other people?

Review the dialects of affirming words (encouragement, praise, kind words). Which dialect(s) do you see as your strongest? Your weakest? Who in your group do you see as a champion in one of these three dialects?

CONNECT WITH YOUR LIFE

Collect affirming words others have shared with you. These could include notes, e-mails, work reviews, Christmas cards, or even verbal comments that you write down. Ask, "What made these words so meaningful?"

Journaling Point: As Brian was encouraged (p. 43), make a list of potential affirmations you could share with those in your life. Use the following categories as a starting point: parents, siblings, coworkers, close friends, and dating relationship.

Action Point: Write an affirming handwritten note to someone in your group today, preferably before your group time ends. Specifically consider how to include the dialects of encouragement, praise, and kind words as you write.

COMMUNICATE TO OTHERS

Affirm someone in your workplace or other setting today. Explain to them how *The 5 Love Languages: Singles Edition* has helped you in showing encouragement. Offer to share more about this helpful resource with them. Even better: invite them to your next group meeting if it is an open group.

NOTES:

Love Language #2: Gifts

CHECK PROGRESS

What has happened since your last meeting as you intentionally affirmed others in your life?

As you reflected on how others have affirmed you in the past, what did you discover as some of the reasons their words were so meaningful?

CONSIDER THE TRUTH

Review the story of the widow's chair (p. 58). What is one of the greatest gifts you have ever been given? What made it special from other gifts?

Using the example of the wedding ring, the author teaches that the emotional love associated with the gift is more important that the gift itself (p. 59). How have you seen this to be true with gifts you have received? How has it been untrue?

This session shows there is a language to gift–giving. Review these areas (pp. 58-64). What is most important to you when you receive a gift?

What was your first response to Bridget's teddy bears (p. 66)? What "teddy bear" equivalents do you see in the other people around you? In your life?

CONNECT WITH YOUR LIFE

Journaling Point: Money is often the number one barrier to expressing the love language of gift-giving (p. 63). Write your answer to: "What are my beliefs about giving gifts?" You may be surprised at your answers, but the result will show where you can better improve in speaking this love language.

Action Point: Who is a person in your life who clearly responds to the language of gift-giving? Purchase or create a gift for them this week. Pay special attention to how they respond to this gift.

COMMUNICATE TO OTHERS

If you start giving small gifts to people this week, someone will likely ask, "Why?" Tell them it is the result of a book you have been reading lately. Offer to share a copy with them. Even better, *buy* them a copy as a gift.

NOTES:

Love Language #3: Acts of Service

CHECK PROGRESS

What was the result of your gift-giving experience since the last meeting?

As you wrote about your view toward money as a gift-giving barrier, what unique insights emerged?

CONSIDER THE TRUTH

Review Jenny's story (p. 73). Who in your life who has spoken acts of service to you recently? What made it stand out as a special gift?

Acts of service is a love language spanning a vast variety of options. What are some of the ways you commonly see others performing acts of service?

Leah's primary love language was acts of service (pp. 78-83). How have you seen acts of service stand out in your dating relationships? Have you ever dated someone whose primary love language was acts of service? What was it like?

The author wraps up this chapter saying, "When we learn to speak each other's love languages early in our relationships, we are able to keep each other's love tanks full" (p. 83). How have you experienced this in your past or current relationships?

CONNECT WITH YOUR LIFE

Consider your circle of relationships. Who responds the most to acts of service? What specific factors caused you to decide on these people?

Journaling Point: Write your answer to: "How easily do I show acts of service to others?" List at least five past examples. What common elements exist? How can this knowledge help you improve in this area?

Action Point: Perform acts of service for at least three friends this week and watch how they respond. Who appears to respond the most to this love language? How can these observations be helpful in your dating relationships?

COMMUNICATE TO OTHERS

When someone responds to an act of service you do this week, say, "This is part of what I am learning in building better relationships. I would love to share more about this with you." Share a copy of this study or *The 5 Love Languages: Singles Edition* to those interested.

NOTES:

Love Language #4: Quality Time

CHECK PROGRESS

What happened when you showed acts of service to others since last week? Consider sharing both your highs and lows from this learning experience.

Who are some people you identified whose primary love language is acts of service? How has this practice helped you identify the love languages of others?

CONSIDER THE TRUTH

Mike's story reveals his need for quality time (p. 87). When is a time you have been frustrated in a relationship due to lack of close times together?

Quality time "may mean doing something together that we both enjoy. The particular activity is secondary, only a means to creating the sense of togetherness" (p. 88). How have you seen this to be true in your relationship experiences?

Reflect on the dialects of quality time (conversations, listening, activities). Which dialect is most important to you personally? Where do you see the greatest need for improvement in your relationships with others?

Page 94 discusses the importance of creating memories. What are some specific ways you could create positive memories in a dating relationship? Make a group list to combine your best ideas.

CONNECT WITH YOUR LIFE

Journaling Point: Write down at least five of your favorite childhood memories. What factors made these times meaningful over other memories? How could these same factors be helpful in your current and future relationships?

Action Point: Choose a dialect (conversations, listening, activities). Try one out with a friend or significant other this week, specifically applying the ideas shared in the book. Be prepared to share what happened at your next meeting.

COMMUNICATE TO OTHERS

People are constantly looking for ways to have more quality time in their life. When the topic comes up, share what you have learned this week. Offer to spend quality time in conversation with them about *The 5 Love Languages: Singles Edition* or in starting a group like this one.

NOTES:

Love Language #5: Physical Touch

CHECK PROGRESS

Share your struggles and successes from your attempts at expressing quality time since your last meeting. What was the most significant result of your personal applications?

What were some of your special childhood memories from your journaling last week? How did this process help you in observing the value of quality time?

CONSIDER THE TRUTH

"It's funny that no one hesitates touching a baby . . . and here I sit dying for someone to touch me and no one does" (p. 99). How do you feel about this woman's statement? Why do you think this is the case for so many people?

Review the different kinds of touches (pp. 110-113). What are some of the concerns you have about approaching the issue of physical touch with others?

Marti describes herself as not being a "touchy-feely" person (p. 106). The author challenges her to learn physical touch by "trying." How do you feel about the idea of "learning" to touch?

Timing, setting, and manner of touching are each described as important aspects of the touching process. Look at the descriptions of these areas and share which area you consider of greatest importance (pp. 109-111). Why do you feel this way?

CONNECT WITH YOUR LIFE

Can you think of a friend or family member whose primary love language is physical touch? What specific actions helped you decide on this person? How could this knowledge help you better express quality touch toward others?

Journaling Point: Inappropriate touch is perhaps the most difficult subject to discuss in a group setting. Write in your journal your thoughts on inappropriate touch, whether a personal experience or one you are aware of from another person. Consider not only the event itself but also why it has had such a long-term impact. If this area surfaces deep emotional response, it may be wise to seek additional help from a close friend or counselor.

Action Point: Learn by trying. Select a trusted friend, family member, or dating relationship and experiment with physical touch in a new way such as hugging a brother you usually do not embrace. Pay special attention to the response by both you and the other person. Be prepared to share your observations the next time the group meets.

NOTES:

COMMUNICATE TO OTHERS

If someone asks you why you are suddenly a "hugger" or seem to be reaching out more, share what you are learning. This could be a great opportunity to begin gathering friends or coworkers for a new C-group that you can lead.

NOTES:

Discovering Your Primary Love Language

CHECK PROGRESS

What happened when you hugged someone new last week? How did you feel after the experience?

If you asked a high-touch person this week about their primary love language of touch, what response did you receive?

CONSIDER THE TRUTH

Based on your behavior, what do you think others would say your primary love language is? Why would they choose that particular response?

See the 5 Love Languages Profile in the appendix. If you have completed it, what were your results? How surprised were you by these results?

What do you think are the most important ways to discover the love languages of others? How good do you think you would be at determining the primary love language of the members of your group?

The author also shares the concept of experimenting to discover a person's love language. Since you have likely done this as a result of earlier sessions, describe what has helped you best determine the primary love language of others.

CONNECT WITH YOUR LIFE

Journaling Point: Answer the question, "What is my primary love language?" After writing your response, spend at least one page explaining why you selected that choice. If you have trouble determining only one area, what common elements stand out in both areas you selected?

Action Point: Select someone you know closely and seek to determine his or her primary love language. After you have decided, share the concept of the love languages with them and ask if they agree with your observation. Consider how quickly you were able to decide and what factors helped you come to this conclusion.

COMMUNICATE TO OTHERS

Share the concept of the five love languages with someone this week. If they are responsive to the concept, offer to meet with them (and possibly a couple of other friends) to talk more about it. This can act as a "preview" for a future C-group.

NOTES:

Connect the Dots with Your Immediate Family

CHECK PROGRESS

How does it feel to live a week knowing your personal love language? In what specific ways has this knowledge changed your daily life?

Who did you discuss the five love languages with this week? What was his or her response?

CONSIDER THE TRUTH

Susan discovered the power of love languages maximized within her own family (p. 131). What is an example of how you have experienced the love languages with a parent or sibling in the past?

After some difficult experiences, Jennifer began speaking the primary love languages of her parents when she communicated with them (pp. 134-139). Though difficult to initiate, the change proved extremely effective. In what specific ways could you better speak the love language of one of your family members?

If applicable, share about your siblings with your group members. What are their love languages? How are they different from yours?

CONNECT WITH YOUR LIFE

Journaling Point: Complete the chart on page 147, either in the book or in your journal. Commit to action with at least one family member before your next session.

Action Point: After selecting the family member to share with, specifically communicate at least one time using what you believe is their primary love language. Closely observe what happens. Be prepared to share with your group.

COMMUNICATE TO OTHERS

At least one family member should be curious about the five love languages by the time you apply the information from this chapter. Tell them more about what you are learning. Consider starting a "distance-based" C-group with your parents or siblings, using this material and this book as a learning tool to enhance your family relationships.

NOTES:

Love Languages and Your Significant Other

CHECK PROGRESS

What action step did you make toward a family member since last week? What happened?

How has discovering the love languages of your family members impacted your attitude toward them?

CONSIDER THE TRUTH

Have you ever given up on dating? What factors caused you to make this decision?

This chapter lists five reasons for why we date (pp. 150-156). Which areas do you consider to be most important? How have you sometimes felt you have "failed" dating due to unclear objectives in one of these areas?

A major reason for dating is to discover the kind of person we will marry (p. 156). How have your past dating relationships helped you better see what you want in the person you will marry?

Hannah and Caleb felt the excitement had left their relationship (p. 159). How have you experienced this issue in a dating relationship? How would knowing the five love languages have helped you?

CONNECT WITH YOUR LIFE

Journaling Point: Choose a past dating relationship and write your response to the following: "The discoveries I made about myself during this relationship were . . . . The discoveries I made about the person I want to marry were . . . ."

Action Point: If you are in a current dating relationship, intentionally invest time to learn the personality, personal beliefs, and primary love language of the other person through active listening. If you are not currently in a dating relationship, begin changing by developing a wholesome relationship with a single person of the opposite sex (p. 150).

COMMUNICATE TO OTHERS

Who else do you know who would be helped through the information in this session? Why not share what you have been learning with them, encouraging this person with a copy of *The 5 Love Languages: Singles Edition* book?

NOTES:

Dating Relationships—Part 2: Should Love Lead to Marriage?

CHECK PROGRESS

What was the most significant moment in your past week as a result of learning about the five love languages?

Share discoveries from your journaling time and action steps from last week.

CONSIDER THE TRUTH

Mark and Sylvia struggled with a lack of emotional love in their marriage (p. 168). What concerns do you have about the loss of emotional love in your future marriage?

Glance at the seven common purposes of love (p. 172). Which reasons do you think people consider most important when they think about marriage?

Marital unity serves as the deeper purpose for marriage.

Of the different areas of unity (intellectual, social, emotional, spiritual, physical), which do you consider to be the easiest to develop in a future marriage? The most difficult? Why?

What do you consider as the most important aspects of spiritual unity in a marital relationship (pp. 179-180)? How have you seen this to be true even within dating relationships?

CONNECT WITH YOUR LIFE

Journaling Point: Past scars are painful and often extremely difficult to discuss. Consider journaling to process past hurts, deciding to "deal with it" rather than ignore problems. If you discover overwhelming issues through this process, consider talking with a trusted friend or counselor who can encourage you in this area.

Action Point: Talk to a friend who is married. Ask them how their marriage has helped fulfill their desire for unity. Gather all the information you can. Without sharing information that is too personal, be prepared to relate your findings to other group members next week.

COMMUNICATE TO OTHERS

Who do you know right now who is currently considering marriage? Share this material with them, doing so in a way that comes across as you seeking advice from them. If they are open to it, share a copy of *The 5 Love Languages: Singles Edition* with them. Who knows what it could do to also help your friend in his or her road toward married life?

NOTES:

They're Not Just for Romantic Relationships: Roommates, Classmates, and Coworkers

CHECK PROGRESS

Share findings from your discussion with a married friend since last week. What were the biggest surprises?

Who have you shared your copy of *The 5 Love Languages: Singles Edition* with since last time?

CONSIDER THE TRUTH

Reed struggled with a messy roommate (pp. 187). What is a roommate struggle you have encountered in the past?

How could you have responded differently with what you now know about the five love languages?

This chapter suggests the five love languages are applicable to all human relationships. What is one way you have seen the five love languages illustrated in the life of someone close to your life now, whether roommate, classmate, or coworker?

Page 192 references singles having fewer friends but many acquaintances. How do you feel about this? How can using your primary love language help you in serving others?

The author provides several examples of communicating according to the love languages of those around us (pp. 196-200). Which of these examples connected most strongly with you? Why?

CONNECT WITH YOUR LIFE

Journaling Point: Make a list of the closest five to ten people in your life right now outside of your immediate family. Choose three of these people and list a specific way you can serve them based on their primary love language.

Action Point: Create your own serving story. Choose your roommate, a classmate, or coworker and serve them in one specific way this week using their primary love language. Be prepared to share what happened with your group next time.

COMMUNICATE TO OTHERS

Since we are discussing roommates, classmates, and coworkers, chose a person in one of these areas and share this chapter with them. Consider starting a C-group with them within the next two weeks.

NOTES:

Singles With Kids: Love Languages and Single Parents

NOTES:

CHECK PROGRESS

What happened when you served your roommate, classmate, or coworker according to his or her primary love language?

How are you feeling about beginning a new C-group? What kind of impact could your group have if each of you were involved in helping a few other friends experience what you have learned recently?

CONSIDER THE TRUTH

How would you feel if you were in Angie's situation (pp. 205-206)? If you have any single parents in your group, encourage them to share their unique perspective in this area. As an alternative, share a story of a single parent you know and how their life has affected you.

In what ways would expressing the five love languages with children be different than with adults? If you have attempted to do this recently, what has been your experience?

What was discipline like for you as a child? What would you desire to keep the same in disciplining your own children? What would you desire to do differently?

The author expresses the importance for single parents to also meet their own need for love (pp. 215-216). If you are a single parent, what has best helped you in this area? If you were raised in a single parent family, what helped your parent most in meeting their own need for love?

CONNECT WITH YOUR LIFE

Journaling Point: List some single parents you know personally. What could you do to help one of these parents in a specific way this week?

Action Point: If possible, informally interview a single parent. Ask what has been most helpful and most difficult both as an individual and in the role of parent. Seek understanding that would be helpful for you or to share with your group.

Action Point: If you are a single parent, evaluate how well you are meeting your own need for love. As you encounter a weak area, search for a positive option to improve your situation. Remember, if your love needs are met, you can better meet the love needs of your child or children.

COMMUNICATE TO OTHERS

Only one more week to go! If you have not already done so, actively seek at least two other people you can meet with in your own C-group. One great way to do this is to join with another person in your current group to co-lead a new group. This will create more confidence and provide help for one another along the way.

Success: Love Is The Key

CHECK PROGRESS

What connections did you have with single parents within the past week? What happened?

If your action step was to help a single parent, what was the result? If you are a single parent, what changes have you seen in your life since last week?

CONSIDER THE TRUTH

"Success is making the most of what you are with what you've got" (p. 220). How strongly do you agree or disagree with this definition? How would you define success?

Loving people is prescribed in this chapter as the key to successful business and personal relationships. How have you seen this to be true in a recent professional situation? A personal relationship experience?

The author recommends that you ignore your feelings in showing love to someone you don't necessarily like (p. 224). How does this advice contrast what we usually believe about love? Does this practice seem hypocritical to you? Why or why not?

CONNECT WITH YOUR LIFE

Journaling Point: Write down your major roles in life (such as family member or employee) and list what you would consider success in each area. What would it take to reach this level?

Action Point: Since this is your last week together, take some time to evaluate how this group has impacted your life. Describe your "before" and "after" situation. What will be the most important lesson you have learned that you will use on an ongoing basis?

Celebrate: Schedule a time to celebrate the completion of your group! This can be during this same time, a meal at someone's home or another social outing of your choosing.

COMMUNICATE TO OTHERS

What now? Armed with the tools from this book, you are now responsible to utilize these abilities to their greatest advantage. If you have not decided to start another group with this material, commit right now to help others learn what you have gained. Second, regularly communicate using the love languages of others, changing lives and becoming more successful along the way. Finally, consider a deeper spiritual commitment to the Creator of love and the One who is Love. The greater your spiritual relationship, the greater you can show the five languages within your other relationships in life.

NOTES: