

5 Love Languages

Module 3 – Quality Time

Give your spouse your undivided attention

- Togetherness = focused attention; no distractions
- The activity is a vehicle that creates the sense of togetherness
- The activity itself doesn't matter; what is happening on an emotional level is what counts
- Spending time together in a common pursuit communicates that we care about each other, that we enjoy being with each other and that we like to do things together.

Quality Time has 2 Dialects

1. Quality Conversation

- Sympathetic dialogue where two individuals are sharing their experiences, thoughts, feelings and desires in a friendly, uninterrupted context
- Different from Words of Affirmation, which focuses on what we are saying. Quality Conversation is about what we are hearing.
- We focus on 'drawing you out' and sympathetically listen to you
- Proverbs 20:5 - "The purposes of a man's heart are deep waters, but a man of understanding draws them out"
- Here are some key thoughts to remember:
 - We are problem solvers by nature
 - Do not approach marriage as a problem to be solved. It is a relationship that requires empathy towards your spouse
 - Only give advice when requested and do so in a positive way.
 - Most of us are better at talking than listening, but it is important to learn how to become good listeners.
 - Poor listening can fail to make our spouses feel loved and this in turn can lead to marital conflict

- Dr. Chapman gives these tips for being a good listener:
 - Maintain eye contact
 - Don't try to listen and do something else at the same time. Give your undivided attention
 - Listen for feelings. Ask yourself "What emotion is my spouse experiencing?"
 - Observe body language. This is somewhat similar to what 'tone of voice is' when we discussed Words of Affirmation
 - Refuse to interrupt! Your objective is not to defend yourself or to set your spouse straight. It is to understand!
- He also gives advice on learning to talk:
 - Quality Conversation requires not only sympathetic listening, but also *self-revelation*. This is the expression of our emotions, thoughts, desires and actions to various life events.
 - Not easy for some (especially men) due to how we were raised. Often encouraged to suppress various feelings. This can carry into adulthood.
 - If this is the case, we need to get in touch with our feelings.
 - 2 Corinthians 6:11-13 from Page 39 of study guide. "We have spoken freely to you Corinthians, and opened wide our hearts to you. We are not withholding our affection from you, but you are withholding yours from us. As a fair exchange – I speak as to my children – open wide your hearts also."
- On Your Own:
 - Think of ways to talk more – and better - to your spouse
 - Think of ways you can listen better to your spouse

2. Quality Activities

- May include anything in which one or both of you has an interest
 - It expresses: They care about me. They are willing to do something with me that I enjoy – and with a positive attitude
 - The emphasis is not on *what* you are doing but on *why* you are doing it.
- Activities are only limited by your interest and willingness to try new experiences

- Dr. Chapman lists three essential ingredients:
 - At least one of you wants to do it
 - The other is willing to do it
 - Both of you know why you are doing it – to express love by being together.
- On Your Own:
 - Make it a point to spend quality time with your spouse TODAY. Also consider how much quality time you usually spend together and what might happen if you could increase that?
 - Each make a list of a few activities you would enjoy doing with your spouse. Compare your lists, choose some activities from each and commit to doing one a month for a while.
 - Make time every day to share with each other some of the event of the day.
 - Dr. Chapman notes that if we too much time watching TV or doing Facebook, we can become more devoted to these activities instead of spending quality time with our spouse
 - I'm going to add that finding time is especially challenging for young couples with children, but it is vitally important in keeping a marriage healthy.

Additional Food for Thought:

- Consider what would have a greater impact on your marriage – more money or more quality time together. If quality time is a primary language for either you or your spouse, how much more important is this choice?
- On average, how much quality time do you spend daily with your spouse? How do you think your marriage would be affected if you could increase this? Is there a way to do that and if so, are you willing to try it?
- How important do you feel undivided attention is when you are trying to have a quality conversation with your spouse.
- Think of everyday conversations with your spouse and contrast that to quality conversations. Do you notice a difference?

- Are you comfortable when your spouse wants to know your feelings? Do you have trouble 'opening up' and sharing them? If so, consider ways you can improve on this.

Suggestions:

- Establish regular date nights if you are not already doing so.
- If at all possible, plan a weekend getaway. Focus on relaxing together by doing what one or both of you enjoy.
- Some couples are together a lot more (e.g. retirement). It is important to recognize the need for individual time and activities, so don't try to spend all your time together. Learn to strike a healthy balance.