

THE 5 LOVE LANGUAGES™

OF TEENAGERS

STUDY GUIDE

ONLINE STUDY GUIDE FOR PERSONAL OR GROUP STUDY

For more information or to discover your love language, visit

www.5LoveLanguages.com

CHAPTER ONE

UNDERSTANDING TODAY'S TEENAGERS

- 1.** Recall the mental and physical challenges you faced as a teen. From your experience, what assurances or relevant advice might you share with your teenager regarding some of those same challenges?
- 2.** Your teenager is in the process of developing his or her mental skills. In what ways are you helping your teen develop those skills in the field of social relationships?
- 3.** Technology has changed dramatically, especially methods of communication. Do you make it a point to understand new technologies and use them to engage your teen?
- 4.** As a parent, do you position yourself as the most influential force in your teen's life? What basic steps do you consistently take to help your teenager navigate the difficult cultural waters of adolescence?

Notes:

CHAPTER TWO

THE KEY: LOVE FROM PARENTS

- 1.** What is *emotional love*? How important is it in parent-teen relationship? Can you remember instances when your parent's love for you especially impacted you as a teen?
- 2.** Do you always agree with your teenager's behavior? How does unconditional love work with accepting your teenager?
- 3.** What ways do you find effective for nurturing your teen? Are you fully aware of the areas of your teen's life that need nurturing? If not, your teen may know. Perhaps you and your teen can discuss where together you can better focus your nurturing.
- 4.** What conscious steps or acts did your parents do to provide a climate of love for you as a teenager? What are some ways you strive to meet your teen's need for emotional love in the midst of today's changing culture?

Notes:

CHAPTER THREE

WORDS OF AFFIRMATION (LOVE LANGUAGE #1)

- 1.** Discuss the “love tank” metaphor. Have you ever had an empty love tank? What happens when parents and their teen’s love tanks are full? What is the fallout when they are empty?
- 2.** How have your words of affirmation provided support for your teen? Why is this love language so effective with your teen?
- 3.** Can you remember a time when you neglected to affirm your teenager after a noteworthy accomplishment? If you had it to do over, how differently would you handle that opportunity?
- 4.** What kinds of affirming words best fill your teen’s love tank? What kinds of responses do you receive from your affirmations?

Notes:

CHAPTER FOUR

PHYSICAL TOUCH (LOVE LANGUAGE #2)

- 1.** What is your teenager's response to the love language of physical touch? Have you learned to read your teen's body language? Apply Ecclesiastes 3:1,5 to your discussion.
- 2.** Can you recall a well-timed touch from a loved one—parent or grandparent? Describe how it made you feel.
- 3.** Does your teen view his or her relationship with you as close? How open is your teen to your touch? What kinds of touches tend to draw your teen closer to you?
- 4.** Does your teen ever express a preference or appreciation—directly or indirectly—for a certain kind of physical touch? For example, girls love the touch of soft, new clothing. Boys enjoy physical exercises such as wrestling.

Notes:

CHAPTER FIVE

QUALITY TIME (LOVE LANGUAGE #3)

1. Have you heard your teen say, “You’re treating me like a child”? As a parent, have you transitioned from viewing your teen as a child to who they are now? Does your view and investment of quality time now meet the needs of a teenager?

2. As a teen, did you feel your parents really listened to you? How might they have improved as listeners? As a parent, do you take steps to ensure quality listening and dialog?

3. Do you remember a time when your father or mother set aside time to do a special activity with you? What did that communicate to you?

4. Most teens have growing interests. As a teen, did you ask your parents to spend time doing things you liked to do? Parents, determine to dialog with your teen to learn how you might spend quality time with your teen in ways that will advance their own interests.

Notes:

CHAPTER SIX

ACTS OF SERVICE (LOVE LANGUAGE #4)

1. How do acts of service qualify as expressions of love?

2. Reciprocal love requires both *modeling* and *guiding*. In what ways do you model reciprocal love for your teenager? In what ways do you guide your teen to reciprocate love to you and others outside the family? When you were a teen, what examples of reciprocal love from your parents made you want to reciprocate love?

3. Performing acts of service for those outside the family helps develop a teen's sense of self-identify and independence. Have you fostered your teen's desire to do acts of service outside the family and suggested ways your teen can learn such skills independent of your involvement?

4. What acts of service from your parents clearly showed their love for you? Have you offered your own acts of service to your own teen?

Notes:

CHAPTER SEVEN

GIFTS (LOVE LANGUAGE #5)

- 1.** What makes receiving a gift so special? How does it become a language that expresses love between a parent and teen?
- 2.** Was there a memorable gift you received from your parents that you still embrace? Why was it so special? Does it still express emotional love to you? Do your gifts to your teen come wrapped in love?
- 3.** Have you considered gift-giving as a tool for teaching and learning? What are some lessons that the act of giving can teach your teenager?
- 4.** As parents, evaluate your pattern of gift-giving. Are there more effective ways you might use gift-giving to express emotional love and to support the well-being of your teen?

Notes:

CHAPTER EIGHT

DISCOVER YOUR TEENAGER'S PRIMARY LOVE LANGUAGE

- 1.** Do you remember what your primary love language was when you were a teen? Which language most effectively filled your love tank?
- 2.** Are you able to determine your teen's primary love language, or does it appear to be a "moving target"? What do we need to understand about a teen's life that can make identifying a primary love language difficult?
- 3.** Did you find the three-step approach—ask questions, make observations, and experiment—helpful for finding your teen's primary love language? Did it lead to other helpful insights about your teen?
- 4.** A primary love language is only one of five love languages active in our lives. Can you identify advantages and rewards of speaking all five languages to your teen? How might this approach help you sort out your teen's primary language?

Notes:

ANGER AND TEENAGERS

- 1.** In a parent-teen relationship, how do anger and love coexist? How does each properly function within that relationship?

- 2.** As a parent, what steps can you take to ensure that destructive patterns of anger do not develop and take root?

- 3.** How well does your teenager express love? As the model for your teen's expression of love, is there room for improvement? How might you improve on your model?

- 4.** How well does your teenager process anger? Does he or she lean toward implosion or explosion? What steps are you engaging to help your teen develop positive anger management skills?

Notes:

ANGER AND TEENAGERS

- 1.** Having to listen to an angry teenager can be challenging. Are you a listening parent who is prepared to field hard questions? Why is it so important to allow angry expressions to be heard?
- 2.** Was there ever a time when your feelings were ignored and you knew they were important? Why is recognizing your teen's feelings essential to affirming the validity of your teen's anger?
- 3.** What is strategic about explaining your perspective as a parent and then seeking a resolution? What can it enable that helps break the destructive patterns of anger?
- 4.** Parents make mistakes. Have you ever confessed past failures to your teen and asked forgiveness? How do expect your teen would respond to a sincere apology?

Notes:

CHAPTER TEN – PART ONE

LOVING YOUR TEEN IN SINGLE-PARENT AND BLENDED FAMILIES

1. Discuss the common challenges of being the single, or custodial, parent of a teenager. How is knowing a teen's primary love language a marked advantage for the custodial parent?

2. What are some proper responses the custodial parent can take to focus on his or her teen's needs?

3. Have you ever paused to consider how your teenager really needs you? What are some of the pitfalls parents must avoid to ensure they are properly addressing their teenager's needs?

4. Discuss guidelines for showing love to your teenager, either from this chapter or other guidelines you have found effective from your experience as a parent.

Notes:

CHAPTER TEN – PART TWO

LOVING YOUR TEEN IN SINGLE-PARENT AND BLENDED FAMILIES

- 1.** What are some common challenges parents of a blended family face in loving a teen that is part of a blended family? What might be some challenges the teen faces in receiving love?
- 2.** Love sown by a parent may not be returned immediately by the teen. What are some signs that a teen is bonding and becoming receptive to your love?
- 3.** Discipline is an essential part of any family unit, as its purpose is to ensure that teens grow into responsible adults. What sorts of rules for discipline are best employed within the blended family?
- 4.** Discuss the basic ingredients of a healthy blended family. Consider the powerful effects of everyone learning and speaking each other's primary love languages.

Notes:

CHAPTER ELEVEN

LOVE AND THE DESIRE FOR INDEPENDENCE

- 1.** Self-identity, independence, and autonomy—in what ways are you seeing these manifested in your teenager's life?
- 2.** As a parent, what practical steps can you follow to manage your teen's desire for personal space?
- 3.** What it does to mean to give a teenager *emotional space*? Why is this kind of space valuable to a teen's development?
- 4.** Testing beliefs can be part of exercising one's intellectual independence. How valuable is it for a parent to set aside time for dialoguing with a teen and engaging that teen's values and opinions?

Notes:

CHAPTER TWELVE

LOVE AND THE NEED FOR RESPONSIBILITY

- 1.** Generally, teenagers enjoy many adult privileges while taking on only a few adult responsibilities. What are some areas of responsibility you have given your teen to handle? What struggles have you both encountered?
- 2.** How have you communicated the concept of boundaries to your teenager? Describe the approach you have taken to establish boundaries with your teen.
- 3.** How does the setting of boundaries play out within the context of parental love? What are some indications you have noted that your teen is ready to accept new responsibilities?
- 4.** What areas of responsibility have you found effective for teaching your teen the importance of adult responsibility? Name some opportunities you have given your teen to demonstrate his or her readiness to take on adult responsibilities.
- 5.** What rules have you set as you worked out consequences for violations of responsibility? Does your teen understand that your insistence on consequences is rooted in your parental love?

Notes:

CHAPTER THIRTEEN

LOVING WHEN YOUR TEEN FAILS

- 1.** Describe the two ways teenagers tend to violate moral codes. Have there been times when you have encountered resistance from your teen in this area? What form did your parental love take?
- 2.** What are some practical methods a parent can use to bring redemption to a teen who has failed in the moral arena? Explain the role of unconditional love within this redemption process.
- 3.** The feelings and thoughts of a teenager are very real and cannot be ignored. Discuss how, as a parent, you can guide your teen successfully through the difficult times without being manipulative.
- 4.** How do you manage your teen's exposure to social and cultural influences (e.g., drugs and alcohol)? Have you discovered ways to support your teen in a positive way amid the advertising and marketing inundations your teen faces?
- 5.** The power of parental love must not be underestimated. Take turns discussing how your parental love in action made a significant difference or changed the course of your teen's life.

Notes:

THE 5 LOVE LANGUAGES®

PREMIUM ASSESSMENT

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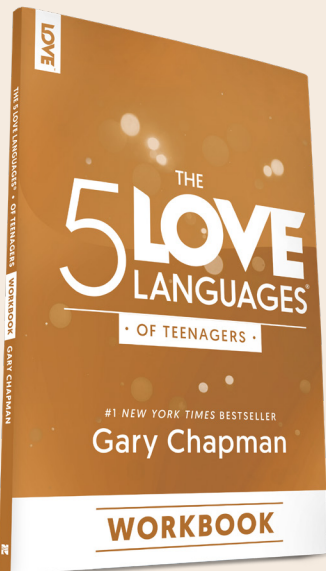
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