

TASTE OF **OXYGEN**

EVENTS

KNOWING YOUR UNIQUE

LOVE STYLES



• STUDY GUIDE •

Bring back the spark and learn how to better connect and express your love for each other.

STRONGER FAMILIES[®]
Oxygen for Your Relationships

WELCOME TO LOVE STYLES — A TASTE OF OXYGEN EVENT

WHAT YOU CAN EXPECT FROM TODAY'S SESSION:

We won't solve all of your relationship issues, but we will give you some helpful tools to use and resources to explore in the future.

You will walk away with a better understanding of what makes you and your partner feel loved and how to achieve strong emotional connection.

You will not be asked to speak about something you do not wish to talk about publicly.



PHOTO LEFT AND COVER PHOTO © SHUTTERSTOCK.COM



PHOTO © ISTOCKPHOTO.COM

LOVE PYRAMID

The first step to understanding your partner's love style is knowing how to pursue a deep connection with your partner. This connection is more than attraction or compatibility; it is what creates intimacy within a relationship.

There are three steps in the progression toward intimacy, and you cannot truly have one step unless you have the step before it.

- 1. COMPANIONSHIP:** Deep and honest knowledge of the other person. Seeing your partner at their best and worst and still choosing to walk with them.
- 2. COMMITMENT:** A firm decision that is willing to ride out the most difficult situations. It is powered by trust and a deep understanding of your partner.
- 3. CONNECTION:** A selfless, other-centered attitude that strives to increase your partner's betterment and pleasure that is more than just physical or emotional. "The co-mingling of souls."



QUESTIONS FOR REFLECTION

COMPANIONSHIP:

- Do you let yourself (flaws and all) truly be known by your partner?
- How do you respond when your flaws are revealed? When your partner's flaws are revealed? Does your response build or break down trust in your relationship?
- How can you create a safe place for your partner to reveal himself/herself to you?

COMMITMENT:

- Have you let suspicion create a barrier to a firm commitment in your relationship?
- Does your behavior strengthen or weaken your commitment to your relationship?
- How can you demonstrate that you "would rather be in a mess with your partner than anywhere else without him/her?"

CONNECTION:

- Have you been self-centered or other-centered in your approach to intimate connection?
- What are some practical ways you can meet your partner's need for connection and intimacy?
- What are two practical ways you can communicate your desire for connection to your partner?

NOTES:



PHOTO © LIGHTSTOCK.COM

Good relationships require love and intimacy.

♥ **Love** is more than a feeling. Love is a daily expression of commitment, affection, and selflessness. True love is expressed through action. We want to be loved in our relationship!

♥ **Intimacy** is a type of knowing. When we are intimate with someone, we come to know them deeply, we know their history, how they react to different situations, their likes and dislikes, what they value and what they don't.

Intimacy requires frequent communication.

A simple step toward expressing love and building greater intimacy is to know your partner's Love Language* Love Languages are the five unique ways that people give and receive love.

* from Gary Chapman's best-selling book, *The 5 Love Languages*.

LOVE STYLES



WORDS OF AFFIRMATION

Includes verbal compliments, notes or letters, words of appreciation, words of encouragement.



ACTS OF SERVICE

Doing things you know your partner would like you to do: these can include cooking a meal, washing dishes, changing the baby's diaper, etc., all done with a positive spirit.



GIFTS

Something you give your partner to show him or her that you are thinking of him/her.



QUALITY TIME

Giving your partner your undivided attention, which can include quality conversation.



PHYSICAL TOUCH

A tender hug, holding hands, a kiss, sex, a massage, an arm around his/her shoulder. Doesn't have to be sexual.

MY TOP
LOVE STYLES:

MY PARTNER'S TOP
LOVE STYLES:

WAYS TO MEET MY
TOP LOVE STYLES:

WAYS TO MEET MY PARTNER'S
TOP LOVE STYLES:



PHOTO © SHUTTERSTOCK.COM

INSPIRATION



WORDS OF AFFIRMATION

- Write and mail a love letter addressed to your partner.
- Via text or post-it note, tell your partner the top 5 things that he/she does that make you giddy.



ACTS OF SERVICE

- Perform a household chore that you normally don't do.
- Go to the grocery store and buy items you know he/she loves—without being asked.



GIFTS

- Sneak a small, meaningful gift into your partner's lunch bag.
- Create a care package with some of your partner's favorite treats.



QUALITY TIME

- Go shopping for ingredients and bake a new dinner or dessert together.
- Walk the dog together and hold hands. Leave all digital devices at home. If you don't have a dog, go for a walk together.



PHYSICAL TOUCH

- Kiss at all of the red lights whenever you're in the car together.
- Come up behind your partner and give him/her a shoulder massage.



Want more? Premium Members receive weekly **Love Styles emails** with ideas for how to give your partner the love he or she craves (see back cover for more details about Premium Memberships).

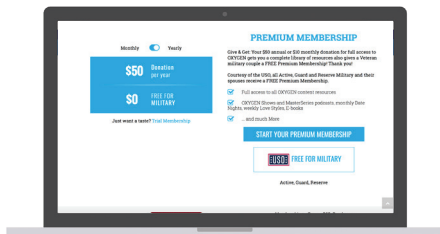
MORE WAYS TO GET HELP FOR YOUR RELATIONSHIPS

GET STARTED WITH THE OXYGEN PREMIUM MEMBERSHIP

Let Stronger Families help you create a deeper, more joyful connection with a Premium Membership!

Sign up at www.strongerfamilies.com/oxygen-membership/ and start receiving important relationship tools and resources today.

- Podcasts with nationally acclaimed relationship experts
- Creative date-night ideas
- Tips for improving romance and intimacy
- Much more!



JOIN US ON SOCIAL

Find additional resources, stories and ideas on the Stronger Families Facebook or Instagram channels. Scan the QR code or go to www.strongerfamilies.com/social to find the latest!



SHARE YOUR OXYGEN EXPERIENCE

How did your OXYGEN experience go? Any tools or concepts stand out as particularly helpful? Anything we can do to improve? We'd love to hear your relationship story! Email events@strongerfamilies.org or fill out the post-event survey at <https://bit.ly/oxy-survey> to share your feedback.

