The 3 Main Assumptions of the 5 Love Languages Are as Follows:

(a) Each person has a primary love language that they rely on the most for expressing and feeling love.

(b) There are five love languages:
- receiving gifts
- acts of service
- physical touch
- words of affirmation
- quality time

(c) Couples are more satisfied when partners speak one another’s preferred language.

What the Science Says

People don’t have a primary love language: When allowed to rate their preference for each love language (rather than being forced to choose one over the other), studies showed that people rated all five love languages highly, and these ratings were not associated with their scores on the forced-choice measure.

Analyses from studies that investigated the existence of five distinct love languages yielded conflicting results, all of which deviated from Chapman’s original five love languages. For example, one found three love languages, and another that did find five defined languages had findings that were conceptually different from Chapman’s five love languages.

Research also demonstrates other meaningful ways of expressing love. For example, the degree of a partner’s integration into one’s broader social network. Such expressions of love were unlikely captured by Chapman due to the lack of diversity in the sample on which he based his book.

Finally, studies showed that partners who match on their love languages are not any happier than those whose partners are mismatched. Expressions of all love languages are positively associated with relationship satisfaction, regardless of a person’s preference, with some expressions of love being more important to some people in certain situations.

CONCLUDING THOUGHTS

In conclusion, while Chapman’s Five Love Languages offers an attractive shorthand for understanding and expressing love, there is no evidence to support the notion that everyone has one preferred love language, or that people are any more satisfied with a partner expressing love in their preferred love language. This limitation can be harmful, potentially leading individuals to overlook many meaningful ways of expressing and feeling love that also exist.