



LOVE LANGUAGE

8 WAYS TO GET MY HUSBAND TO SPEAK MY LOVE LANGUAGE?



Marriage Saver Coach The
Marriage Saver Program
Beth Miller

Have you ever felt like your husband doesn't understand or communicate his love in the way you desire?

Relationships require effort and attention to thrive, and expressing love in a way that resonates with you is an important aspect of a successful relationship.

However, sometimes it can feel like your husband doesn't understand or communicate his love in the way you desire. That's where the concept of love languages comes into play.

Read on as I show you how to get your husband to speak your love language.



Hi, I am Beth!



You are holding a guide that will give you the extra knowledge and steps you need on your path to saving your marriage after infidelity.

How do I know this?

100s of my clients have been in your shoes and have rebuilt trust, improved communication and saved their marriage.

I helped these women transform their lives so that they are happy & confident again. These women have restored the love, connection and support with their husbands.

I have studied many methods and techniques, which have led to the creation of the 'Marriage Saver Program' which is rooted in psychology and neuroscience.

I am a Marriage Coach, a Teacher of Psychology, a Consulting Hypnotist and Reiki Energy Practitioner.

I am an expert in working with the subconscious mind.

I believe that every woman has the inner power to transform themselves, which will transform their marriage.

Are you ready to get a glimpse into the powerful and profound tools that will shift your life and marriage?

9 Questions to Reflect on to Have Your Husband Speak Your Love Language

Love languages refer to the different ways people express and receive love. To help your husband speak your love language, it's important to reflect on your own needs and preferences, as well as communicate them effectively.

Here are 9 questions to consider to help your husband speak your love language.



1. Do you love yourself the way you need to?

If you don't fully love all aspects of yourself, it's hard to receive love from others.

So, take a moment to reflect on whether you're giving yourself your love language. Are you treating yourself with kindness and compassion? Are you taking care of your physical and emotional needs?

It's also crucial to acknowledge the importance of positive self-talk.

Are you telling yourself you're beautiful, amazing, and deserving of love and respect? Or are you constantly criticizing yourself and looking for validation from your husband?

Remember that your happiness and self-worth should not depend on someone else's approval. By loving and accepting yourself, you'll be better equipped to communicate your needs and receive love in a way that resonates with you.

2. Are you triggered by your husband not loving you based on your love language?

What if your husband's natural love language is different from yours? You're triggered because you mentioned it many times and it happened again.

It can be frustrating and hurtful when your husband doesn't show love in a way that resonates with you, especially if you've expressed your needs multiple times.

If you're feeling triggered by your husband not loving you based on your love language, it's essential to reflect on your emotions and communicate your needs in a way that's clear and respectful.

For example, if your love language is words of affirmation, but your husband's love language is different, he may not always understand the importance of expressing love through words.

Instead of getting frustrated or resentful, try to give him grace and understanding.

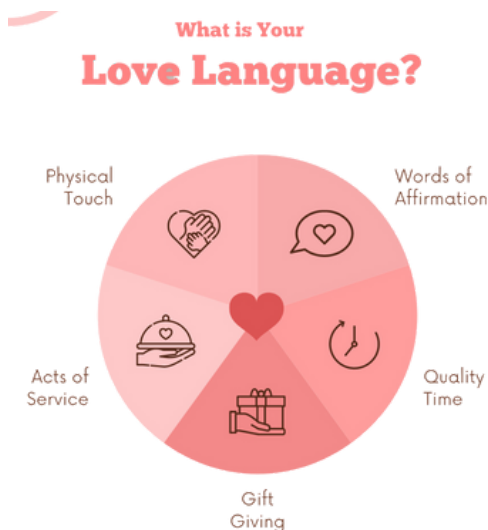
Remember that it's not easy to love someone in a way that's not your natural love language, and it may take time for your husband to learn and understand how to show love in a way that resonates with you.

You can gently remind your husband of your love language and why it's important to you.

By communicating your needs in a gentle and non-blaming way, your husband is more likely to respond positively and make an effort to show love in a way that resonates with you.



3. Does your husband know your love language?



If you're struggling to get your husband to speak your love language, the first step is to ask yourself whether he even knows what your love language is.

Have you discussed it with him before? Have you told him how you feel loved and appreciated? If not, it's time to have an open and honest conversation about it.

One of the best ways to communicate your love language to your husband is to lead by example. Show him love in the way that you want to receive it.

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For example, if your love language is Acts of Service, start doing little things for him that show you care, like making him breakfast or doing his laundry. By showing him what makes you feel loved, he may start to reciprocate and learn how to speak your love language.

When using this strategy, give love from your heart and without the expectations that he will love back equally. And honour your boundaries by not over giving and feeling resentful if his love is not equally coming back to you. It takes time to form new habits, and he may need loving reminders and gentle communication to form this habit.

Another approach is to take the Love Language Quiz together. This quiz can help both of you understand your primary love languages and how to communicate love effectively.

Once you know each other's love languages, it becomes easier to express your love in a way that resonates with your partner.

Here are the five love languages and some examples of how they can be expressed:

Words of Affirmation

This love language focuses on verbal expressions of love, appreciation, and encouragement. People who prefer Words of Affirmation value kind and supportive words and find them uplifting.

Examples include saying "I love you," giving compliments, expressing gratitude, and leaving notes or messages of encouragement.

Acts of Service

People who prefer Acts of Service feel loved and appreciated when their partner helps them with tasks or responsibilities.

This love language involves doing things for your partner to make their life easier or more comfortable, such as cooking dinner, doing the dishes, or running errands.

Receiving Gifts

Receiving Gifts is a love language that involves giving and receiving meaningful gifts. People who prefer this love language value the thoughtfulness and effort put into finding and giving a gift.

Examples include thoughtful surprises, small tokens of appreciation, or thoughtful gestures like making their favorite meal or buying them something they've been wanting.

Quality Time

Quality Time is a love language that emphasizes spending time together and giving each other undivided attention. People who prefer this love language enjoy spending time with their partner, whether doing something together or simply sitting and talking.

Examples include going on a date, taking a walk together, or cuddling on the couch.

Physical Touch

Physical Touch is a love language that involves physical expressions of love, such as hugging, holding hands, or cuddling. People who prefer this love language feel loved and connected through physical touch.

Examples include holding hands, giving a back rub, or simply sitting close together.



4. Are you communicating your needs and expectations?

Have you told your husband what makes you feel loved and appreciated? Have you explained to him how you like to receive affection?

If not, it's time to start the conversation.

Remember that your partner cannot read your mind, and assuming they know what you want can lead to disappointment and frustration. Be clear and direct when communicating your needs and expectations.

Don't be afraid to express what makes you feel loved and explain how your husband can speak your love language.



5. Are there any underlying issues affecting your relationship?

Are there any underlying issues affecting your marriage? Relationship issues such as unresolved conflicts, trust issues, or emotional baggage can create barriers to effectively communicating love and affection.

It's important to take a step back and evaluate whether any issues at play need to be addressed before focusing on love languages.

If there are underlying issues, it may be helpful to seek the assistance of a relationship coach. A professional can help you work through unresolved conflicts or emotional issues, and guide you with effective communication techniques.

It needs work but it's possible! It takes work and introspection to understand the reasons behind these issues.

That means you need to do the work on yourself first, so you can communicate your needs and wants effectively.

By addressing these issues, you can create a more solid foundation for your relationship and improve your ability to communicate and express love.



6. Are you speaking your husband's love language?

Ask yourself whether you are speaking his love language.

Take some time to consider your husband's love language and how you can express love and affection in a way that resonates with him.

For example, if your husband's love language is Acts of Service, consider doing something for him, such as cooking his favorite meal or doing a household chore he dislikes.

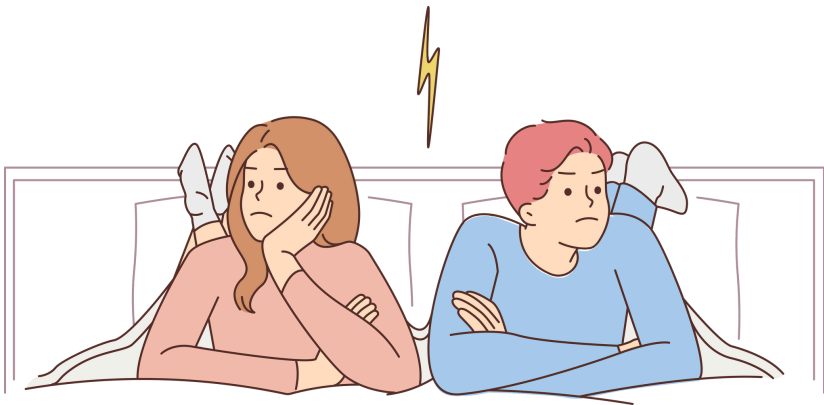
If his love language is Physical Touch, consider cuddling or holding hands while watching a movie or giving him a massage after a long day.

By speaking your husband's love language, you show him that you value and appreciate his efforts to express love and affection. It can also create a stronger connection between the two of you and help foster a deeper understanding and appreciation for each other.

7. Are you being patient and consistent?

Changing your husband's behaviors and communication patterns is possible! I've helped many women do it, and you have the power to do the same!

Yes, it takes patience and consistency, but it's possible! This consistent effort and positive reinforcement can help create new habits and communication patterns that align with your love language.



You can assess whether you are being patient and consistent in a few different ways:

Evaluate your mindset

Are you approaching the process of getting your husband to speak your love language with a patient and consistent mindset? Are you prepared to put in the effort required to see results?

Look for patterns

Are you consistently making an effort to communicate your needs and desires to your husband in a way that aligns with your love language? Are you providing positive reinforcement when he makes an effort to speak your love language?

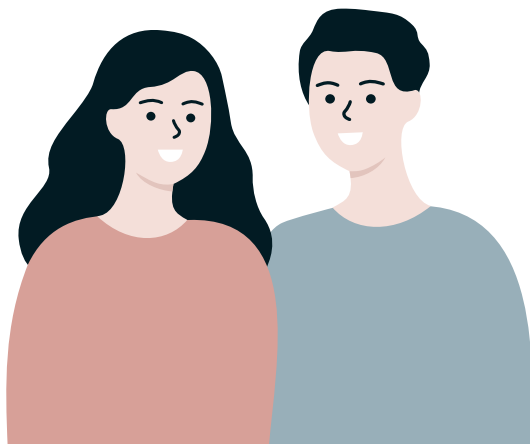
Reflect on progress

Take some time to reflect on your progress over time. Have you seen positive changes in your relationship as a result of your efforts? Have you noticed that your husband is more receptive to your needs and desires?

Communicate openly

One of the best ways to determine whether you are being patient and consistent is to communicate openly with your husband.

Ask him if he has noticed any changes in your communication patterns and if he feels that you are being patient and consistent in your efforts to speak each other's love language.



8. Are you showing your appreciation?

Expressing appreciation is a crucial aspect of any healthy relationship, and it can be especially important when it comes to getting your husband to speak your love language.

When your husband makes an effort to speak your love language, show him your appreciation and acknowledge his efforts.

There are many ways to express appreciation, and the specific approach that works best for you depends on your relationship dynamics.

Some common ways to show appreciation include saying thank you, offering words of encouragement and support, and engaging in thoughtful gestures or acts of service.

For example, if your husband makes an effort to speak your love language by giving you gifts, you might show your appreciation by thanking him for the thoughtful gesture.

You may also express how much you enjoy and appreciate the gift. Alternatively, if your husband speaks your love language by offering physical touch, you might express appreciation by initiating physical touch.

You may also find ways to involve physical touch, such as cuddling on the couch or going for a walk while holding hands.



9. Have you sought professional help?

If you're struggling to get your husband to speak your love language, it may be helpful to seek professional help. A licensed marriage coach can provide you with the guidance and support you need to navigate relationship challenges, including those related to communication.

Marriage coaching is a safe and supportive space to explore your individual needs and desires, as well as to identify any underlying issues that may be impacting your relationship.

By working with me, you can gain valuable insight into your communication patterns and develop effective strategies for communicating your needs and desires in a way that aligns with your love language.

While seeking professional help can be a valuable tool for improving your relationship and building a stronger foundation for long-term happiness and fulfillment.

So why wait? Book a call today and take the first step toward building the relationship you've always wanted!



BOOK YOUR FREE CALL

WANT TO KNOW MORE?

What is an Infidelity Roadmap Call?

During our call, I will ask you a few questions, and then I will give you a personalized strategy for putting an end to your marriage troubles.



[CLICK HERE](#)

Here's What to Do Next To Book A Call...

1. Access my Booking Calendar Now!
2. Pick a convenient time on my calendar.
3. Fill out the short questionnaire.
4. From there, we will connect on zoom at our allotted time.