

Speaking of Love: The Seven Behavioral Languages

CATEGORY	“EMOTIVE” (Emotional)		“COGNITIVE” (Thinking)	“COGNITIVE” (Thinking)		“KINETIC” (Action)	
	RESPONDER	INFLUENCER	STRATEGIST	CONTEMPLATOR	GIVER	MOVER	DOER
THREE MAJOR CHARACTER DESCRIPTIONS:	Compassionate, Sensitive, Warm	Creative, Optimistic, Relational	Organized, Visionary, Focused	Studious, Reflective, Peaceful	Generous, Thoughtful, Responsible	Direct, Assertive, Standard Bearer	Dedicated, Observant, Conscientious
RESPONDS TO LIFE IN THIS ORDER:	Feel.....Act/Think	Feel/Think.....Act	Think...Act...Feel	Think/Feel....Act	Think....Feel/Act	Act/Feel....Think	Act...Think... Feel
NEEDS FROM MATE:	AFFECTION and UNCONDITIONAL ACCEPTANCE along with hugs and nurturing environment. Share your feelings and listen to theirs.	AFFIRMATION THROUGH WORDS of love, encouragement, inclusiveness, humor and playfulness. Emotional connectiveness and reassurance of how important they are to you.	AGREEMENT and SUPPORT IN THINKING process, planning, goals, vision, life purpose. Be sure to follow through on tasks assigned to you with both reporting details and accomplishments.	ATTENTION and QUALITY TIME when they want it, then give them their privacy and space needs when they want that.	APPRECIATION and THOUGHTFUL GIFTS for no reason and for all occasions. Graciousness and hospitality. Wise use of money and other resources.	ACTION - they need your response THROUGH ACTION. Also “do” things for them and exciting things with them. Your attitude and actions must be congruent, honest and complimentary.	APPROVAL of THEIR DEEDS. Say and do things that show your approval of their contribution. Do things for and with them.
THE THREE LEVELS OF DISTRESS AND WARNING SIGNALS:	<ol style="list-style-type: none"> Over-pleases, denigrates self, pouts. Feels confused, goes into denial, becomes defensive. Acts out self-doubt. Feels rejected and unloved. Sinks into depression, bitterness and unforgiveness. May seek relief through addictions and/or suicide. 	<ol style="list-style-type: none"> Exaggerates, manipulates and controls others by over-talking and advising. Defensive, gives formulas and goes into denial. Feels rejected, unloved and trapped, and moves into destructive behavior. May become verbally abusive and may move into addictive behavior. 	<ol style="list-style-type: none"> Over-delegates or will do it all himself. Demanding, drives self and others harder. Cold and indifferent. Uses people, sarcastic, critical, calloused. Suspicious, won't trust, withdraws, isolates. cuts everyone off. Runs away. May become addicted to uppers and exercise. 	<ol style="list-style-type: none"> Becomes prideful, inflexible, legalistic. Critical, denies, defensive. Feels rejected and unloved or goes to other extreme and feels smothered. Pushes others away. Withdraws and may abuse by isolating. 	<ol style="list-style-type: none"> Becomes critical, materialistic, uses people. Judgmental, controls others through money, bribes, “strings attached.” Becomes stingy, selfish, prideful and more controlling. Buys way out of responsibility. Emotionally may become abusive. 	<ol style="list-style-type: none"> Demanding, over-controlling, judgmental, blaming. Resentful, caustic, attacks character of others. Hostile, bitter, contemptuous. “Risk it all” behavior on big deals or “risk taking” hobbies and activities. Anger, may be physically abusive. 	<ol style="list-style-type: none"> Expects perfection of self and others. Judgmental, blames. Over-works and organizes. Becomes martyred. Broods, is resentful. Depression, self-pity, accuses and rejects others. Anger turns to alienation, then to abuse. May be emotionally or physically abusive.