



betterlove

+ 5 *love*  
LANGUAGES®

*Report for:*



**BRIE & LEIF JENSEN**

*Married: 7/13/2005 Date Completed: 5/17/2022*

# WELCOME TO BETTER LOVE

## FEATURING **THE 5 LOVE LANGUAGES®**

*“All of us  
can learn  
to love  
better.*

-Dr. Gary  
Chapman

Brie & Leif,

Congratulations on completing your assessment.

You're about to experience an incredibly practical journey together as you learn how to make your relationship everything you want it to be.

Your report is a customized map, highly personalized, for finding better love together.

Not only that, this report takes your understanding of each other's Love Languages™ to a new level. How? By revealing the personalized combination of your primary Love Languages and so much more. Soon, you'll be connecting like never before.

As you begin your Better Love journey:

- You'll want to use the downloadable *Better Love Action Plan*. This is essential.
- Consider putting four Better Love Dates on your calendar together to review your report and enjoy the guided discussions in your *Better Love Action Plan*.
- Prepare your heart and mind for your Better Love Dates. If you're tired, cranky, or distracted, reschedule. You'll want to be fully present, respectful and open to learning together.

Better Love works great for couples in groups or individual couples on their own. It's for couples who want to move from bad to better as well as those moving from good to great and beyond.

With every good wish and prayer,



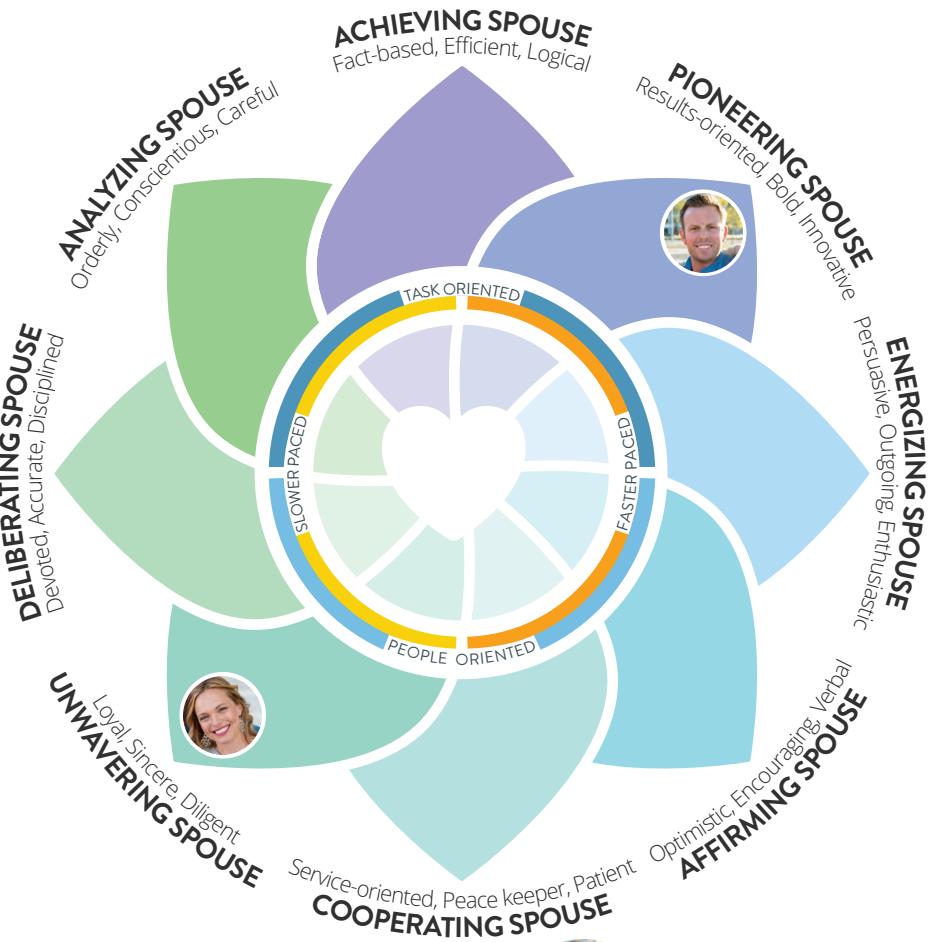
Drs. Les and Leslie Parrott  
Founders, Better Love



Dr. Gary Chapman  
Author of *The 5 Love Languages*®

# PERSONALITY

When it comes to personalities, there's no right or perfect combination. The key is appreciating your differences.



## UNWAVERING SPOUSE

You may demonstrate positive possessiveness by developing strong attachments; however, you will not be overly involved as some others tend to do. You are a good friend and are always willing to help those you consider to be your friends. You also show strong ties, and will be uncomfortable when separated from your friends for an extended period. You show self-control in most things you do; you are not an extremist. Your spouse may see you as stable, mature, and steadfast. Socially, you tend to be a "homebody" preferring your house and yard to faraway places with strange sounding names. This may cause stress if your spouse wants to see the world.



## PIONEERING SPOUSE

You may be restless and may display anxiety by failing to sit quietly through any situation in which you have no opportunity for involvement. You make fast decisions and quickly respond to new ideas and activities. You may encourage your spouse to participate as well. You show a high activity level in all that you do. The fast pace by which you accomplish tasks and the variety of interests you show measures your activity level. Few dull moments prevail with you. Your response indicates that you may become so absorbed in your many activities that you occasionally lose sight of the balance required in your life.



Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.

# PERSONALITY

*The combination of your two personalities can be mapped out to discover how you are hard-wired to give and receive love.*

## YOUR DYNAMICS: UNWAVERING SPOUSE + PIONEERING SPOUSE

You have a rare combination of personalities and your marriage is likely to be a bit of a balancing act because you are polar opposites. Leif (Pioneering) is moving fast and focused on results while Brie (Unwavering) is easy going and focused on people. This is not a bad thing as long as you both respect and value one another's different styles. In fact, you're likely to compliment one another and balance each other out in many ways. But make no mistake, Leif (Pioneering) is likely to take the lead in most situations. Brie (Unwavering) will need to speak up on occasion to be heard. Again, appreciating and valuing each other's personalities will be key to your marriage.



*What do you think and feel about the shared dynamics of your two personalities and how they mix? What can you do, in practical terms, to leverage your Dynamics?*



### STRENGTHS YOU BRING TO THE RELATIONSHIP



- Invigorated by a good challenge.
- Perseveres when the going gets tough.
- Heartfelt and humble disposition.
- Excellent listener.
- Considerate and accommodating.

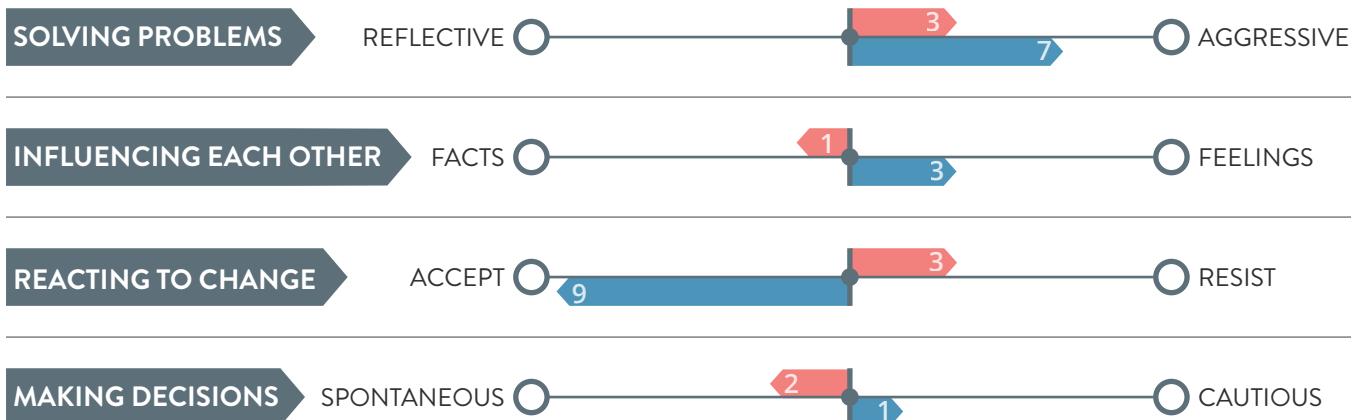
- Brings spontaneity and fun.
- Perseveres when the going gets tough.
- Keeps us from getting stuck in a rut.
- Energy to get things started quickly.
- Engenders excitement and involvement.



*Identify the top 1 or 2 statements you agree with most about yourself. Explain why. Note the top strength you appreciate about your partner.*

Brie top / Leif bottom

### YOUR STYLES



*Consider some real life examples in your relationship where these play out. How can you genuinely appreciate your differences in these four categories?*

# COMMUNICATION

*The more understanding and better understood each of you feels, the stronger your relationship.*



## UNWAVERING SPOUSE

You're typically on the quiet side, keeping many of your feelings carefully hidden from view. You have no need to tell drawn-out and dramatic stories, nor are you compelled to rush a conversation to its point. You don't divulge details unless you're asked about them. You approach your conversations with a sense of serenity and calm and your partner needs to patiently draw you out. Even if something's urgent or exciting, you express it evenly, without heightened emotions. You tend to speak slowly and deliberately.



## PIONEERING SPOUSE

Direct and to the point. That pretty well sums it up for you, doesn't it? You're not designed for meandering conversations that have endless bunny trails with little or no point. They aren't a part of your make up and you don't want them to be a part of your marriage unless you have intentionally prepared your mind and carved out your time to have one. Nope, your goal in a conversation is to gather the essential information you need and to convey information that you believe your partner needs to know. That's it. Enough said. Too blunt? Well, that's how your partner may sometimes feel.



*What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?*

## HOW YOU LIKE YOUR PARTNER TO COMMUNICATE WITH YOU

- Present ideas logically and efficiently.
- Listen patiently and tune into feelings.
- Be open to my pointed questions.
- Ask me specific questions.
- Focus on concrete results.

- Attempt to isolate him from potential interruptions.
- Ask me specific questions.
- Provide options rather than complaints.
- Invite humor into our conversations.
- Be brief, clear, and to the point.



*Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your partner succeed?*

## COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Permitting productive conflict
- Inviting and receiving feedback
- Not being distracted by my phone

BRIE

- Reserving opinion until the right time
- Inviting and receiving feedback
- Knowing when to talk and when not to

LEIF



*Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.*

# INTIMACY

What is love? Perhaps it's no surprise that everyone seems to have their own answer. After all, each of us is hardwired uniquely for love.

## HOW YOU VIEW LOVE IN PRACTICAL TERMS



### UNWAVERING SPOUSE

Being reassured that we are together on the same team.



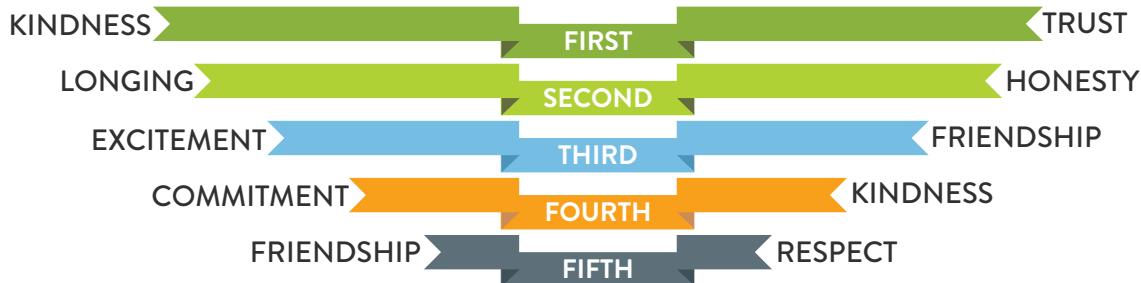
### PIONEERING SPOUSE

Being intentional and active about building our future together.



What aspects of your definition do you agree with most and how would you elaborate on it? How can you help your partner love you in ways you most desire? Use concrete examples.

## HOW YOU DEFINE LOVE



How do your top desires compare? Elaborate on the qualities you chose. How would each of you complete this sentence: "The thing that would improve our love life most for me..."

## LET'S TALK ABOUT SEX

How do you rate your desire?

8

BRIE

10

LEIF

Are you comfortable talking about sex?

MOSTLY

BRIE

ABSOLUTELY

LEIF

My attentiveness to partner's needs?

6

BRIE

8

LEIF

How often do you expect to have sex?

EVERY OTHER DAY

BRIE

EVERY OTHER DAY

LEIF



As you think about your love life, what other sexual issues or questions come to mind? What issue related to sexuality causes some anxiety for you?

# CONFFLICT

*Conflict is inevitable, even for loving couples. But when you learn to fight a good fight, you can use conflict to bring you closer.*



## UNWAVERING SPOUSE

You lean toward being traditional, rather than innovative or creative. You need the understanding and support of your spouse and others when making high-risk decisions.

Being comfortable in doing something familiar, you may create a "rut" of doing the same routine repeatedly. You should try some new methods in doing routine activities, or have others help you. You usually appear as emotionally mature and logical in your approach to things. Most of your actions are carefully thought out beforehand. You work to balance thinking and logic, people and things.



## PIONEERING SPOUSE

You may be an impatient individual who has the capacity to juggle many balls in the air, and are always searching for more and more. Others may

see you as a bold, takecharge, assertive type of person, but you also can be playful, informal and easy to get to know. People look to you for your problem-solving abilities. They see your drive and eagerness to overcome obstacles and solve problems. You will attack problems that challenge you. The challenge and the possibility of doing new or different things motivates you.



*What do you agree or disagree with? Why? Select two or three statements from your paragraph that you agree with most and explain how they may influence conflicts.*

## PERSONAL CONFLICT CHALLENGES

*These can limit your ability to successfully manage conflict*

- Criticism from your partner can get the best of you when you take it personally.
- You may become resistant to opportunities for enlarging your social circle.
- You sometimes neglect to prioritize and this can sometimes cause you to be inefficient.
- You tend to hold a grudge if feeling slighted or unappreciated.

- You can sometimes seek change for change's sake. You may change priorities daily.
- You sometimes have difficulty finding balance between fun and work.
- You try to keep too many balls in the air at the sametime, impacting your relationship.
- You can become oblivious to problems slow paced people have with your fast pace.



*What do you resonate with most from each list? Explore why these happen and discuss what you can both do to grow in these areas. Use real life examples.*

## HOT TOPICS

*Every couple has a list of issues that are prone to conflict. Your hot topics, listed in priority below, are most likely to spark tension for the two of you:*

Communication  
Sex  
Schedules  
Priorities  
Children



Communication  
Schedules  
Chores  
Priorities  
Sex

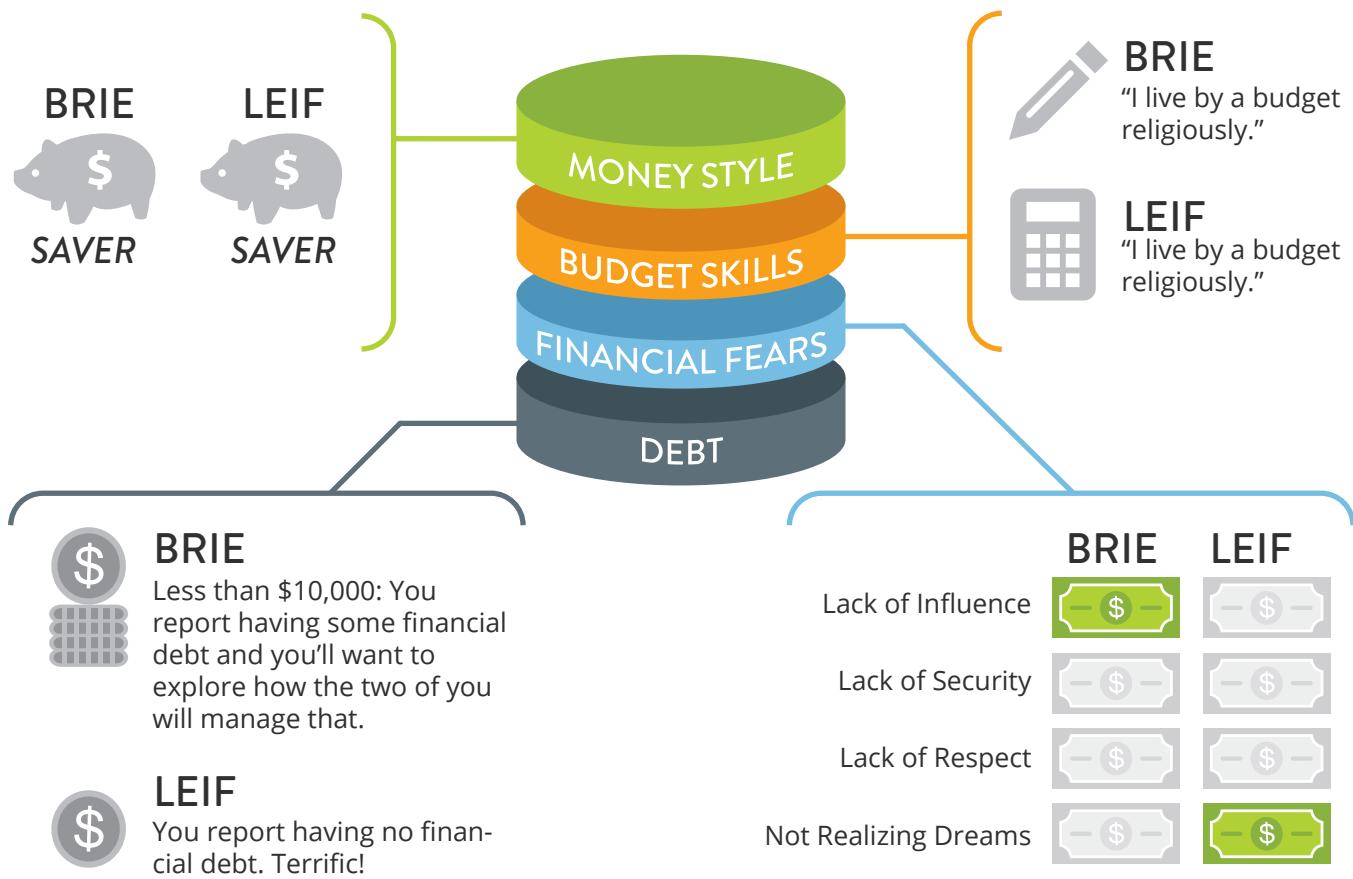


*Knowing these topics are likely to spark tension, how can you use this information to curb conflicts? Give a concrete example of how you can better manage each one.*

# FINANCES

*A healthy “money talk” will curtail countless currency conflicts before they happen. Understanding each other’s financial perspective goes a long way.*

## MONEY MATRIX



 *What concerns you most about money matters in your relationship and why?  
What gives you peace about your financial future?*

## MONEY TALKS

*To minimize friction over finances, you’ll want to keep the communication channels clear. Completing these sentences together will help you do just that:*

- In my home growing up, money was...
- When I think about our financial future...
- What you may not know about money and me is...
- The thing I appreciate about you in relationship to money is...
- When it comes to money, I’d like to improve my...
- One specific action we could take right now that would help me is...

 *What’s one practical action step you can both take within the next month to ensure your relationship is on the best financial path?*

# ADAPTABILITY

Your ability to adjust to things beyond your control is one of the most important factors in enjoying lifelong love together.

The percentages depict how optimistic, adaptable and resilient you are when faced with a challenge.



**72%**



**80%**

Maintaining resilience can be challenging for you. When faced with an unforeseen difficulty, you occasionally struggle to maintain an up-beat attitude. Worry can sometimes get the best of you and your attitude.

Your resilience level is high. Relative to others, you are an optimistic person and you generally do a good job of adjusting to circumstances beyond your control. You're generally up-beat and positive.



What do you think about your results? What about your partner's? In specific terms, how will the two of you adjust to an unfavorable circumstance? Real life examples?

## WHEN YOU FACE A CHALLENGE

Based on your personality profiles, here are your natural coping tendencies when life becomes demanding.

### UNWAVERING SPOUSE

THOUGHTFUL  
CONSIDERATE  
GOOD LISTENER  
DEPENDABLE  
GOOD-NATURED

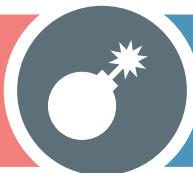


### PIONEERING SPOUSE

ACTIVE  
IMPATIENT  
FLEXIBLE  
ENERGETIC  
ALERT

## HOW YOUR PARTNER MAY PERCEIVE YOU UNDER STRESS

NONDEMONSTRATIVE  
INFLEXIBLE  
HESITANT



DISINTERESTED  
INTENSE  
HASTY



What do you agree or disagree with? Why? Think of a real life scenario where you saw this to be true. What could you have done to be easier to live with?

# TIME

Feeling overscheduled and underconnected? Understanding your two "time styles" can help you reclaim the moments you've been missing together.



## DREAMER

You are more unscheduled about your future than Leif and this is where you will sometimes find friction between your two time styles. To maximize your time together, be aware of how your dreaming can sometimes irritate Leif. Why? Because Leif may see your dreaming as impractical. After all, you are not nearly as objective and scheduled. Acknowledge that your style is not as concrete as your partner's. Even poke fun at yourself regarding this to let him know it's not always easy to live with. Next, recognize the immeasurable value Leif brings to your marriage as a Planner. As you are probably already aware, it's often a Planner that makes a Dreamer's dream a reality. Also, the two of you can probably benefit from putting a little bit more of your energy on the here-and-now together in your marriage.



## PLANNER

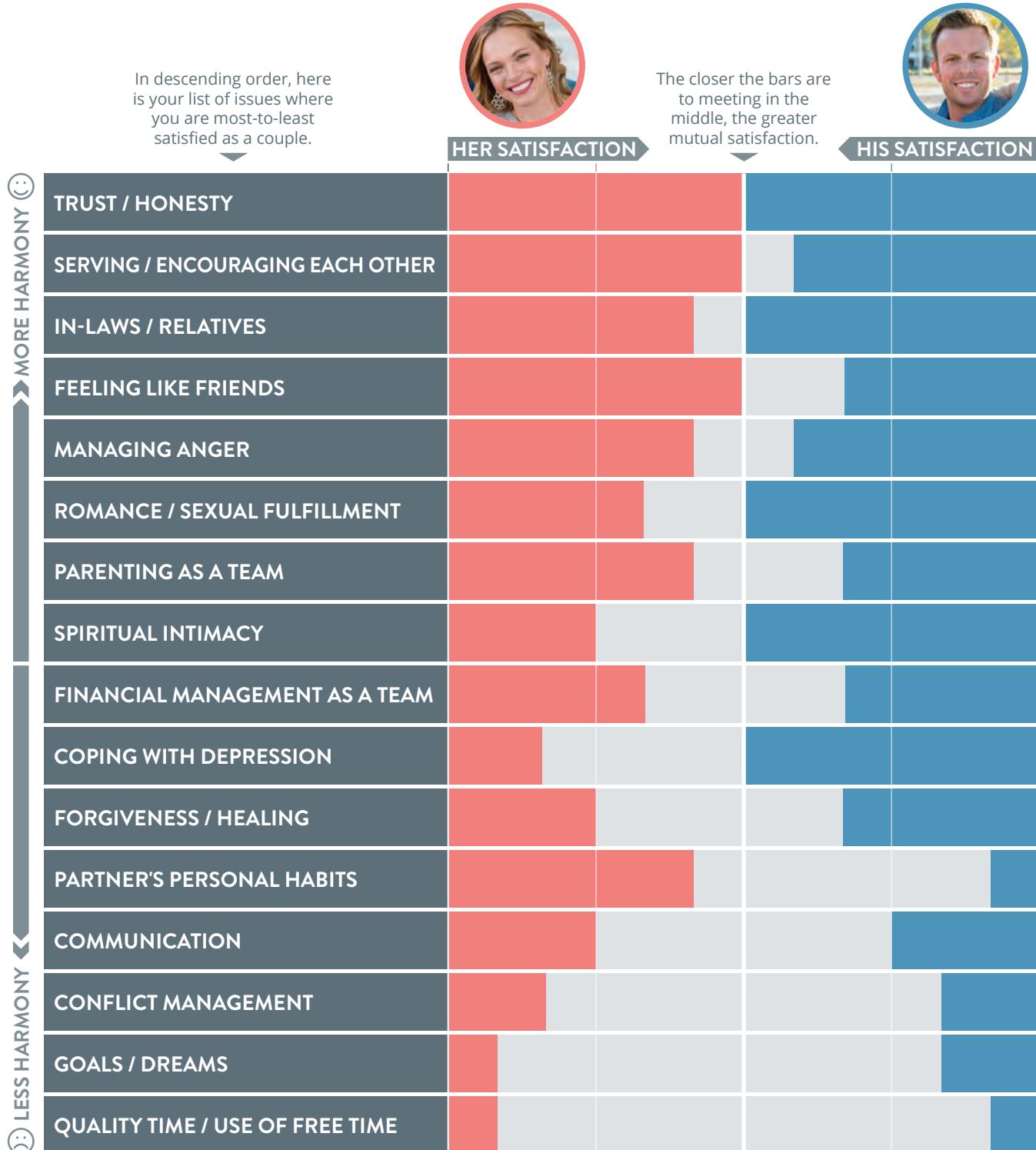
If your marriage was a time machine, it would be fueled with high octane and headed to the future. Relative to other couples, neither of you spend much time wallowing in the past – or even the present. Not that you don't respect the here-and-now, but you are both pulled into what could be. As a result, the two of you can sometimes miss out on the very best times you might have together. You can guard against this by being deliberate in your pace. As a Planner, you can do this well, when you decide to. You can schedule times to slow down and just be together. This can be a little tougher for some Dreamers, but Brie will soon see what a programmed sabbatical from focusing on the future can do for your marriage. Also, make sure you affirm Brie's style. Planners sometimes take good traits for granted.



*What is your greatest insight into your respective "time styles"?  
What's one practical thing you can do to reclaim more quality time together?*

# HARMONY

*Knowing where you stand strongest together and where you might stand apart is a huge step in cultivating more harmony.*



*How can the two of you celebrate the areas where you are most happy and harmonious? What practical steps can you take to find more harmony near the bottom of the list?*

# LOVE LANGUAGES™

If you want your partner's Love Tank™ to be full, become fluent in their Love Language.



6/10

CURRENT LOVE TANK



8/10

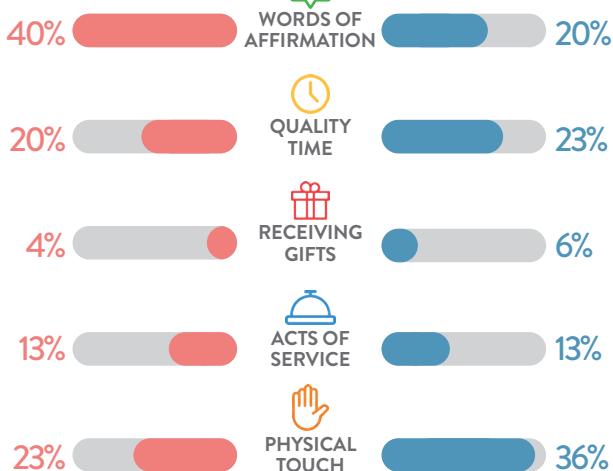
CURRENT LOVE TANK

This represents how well you have felt loved over the last 30 days. Of course, feeling loved is a fluid emotion. The more you speak each other's Love Languages, the more you fill up and maintain your Love Tanks.



## WORDS OF AFFIRMATION™

Brie, of the Five Love Languages, Words of Affirmation make you feel most loved. A verbal compliment from Leif lifts your spirit and connects your hearts. You are not only tuned in to Leif's words but also his tone of voice. A message of encouragement or respect from him makes you feel emotionally closer. A nice note or even a kind text message from Leif can also make you feel loved.



## PHYSICAL TOUCH™

Leif, Physical Touch is the key to your heart. It's the number one way you feel loved. A warm hug speaks volumes to you. When Brie reaches out to hold your hand it's saying "I love you". You can't get enough of her touch. Sex, of course, plays its part in this Love Language but it's not the goal or even main focus. A touch from Brie, even while driving in the car, or at a restaurant together speaks your language and fills your Love Tank.

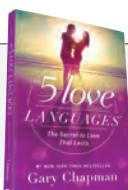


How do you feel about your primary Love Language? How about your partner's? How might you add to or edit your description to help it capture how you feel most loved?

## SPEAKING EACH OTHER'S LOVE LANGUAGE

Leif, as you know Brie loves hearing words of encouragement from you. This fills her Love Tank more than anything. You may be tempted to think that tender touching would be just as important to Brie (as it is for you), but not so. Hearing a compliment or even a simple recognition of her efforts goes a long way in helping Brie feel loved by you. It's more powerful than you might guess. And Brie, Leif loves your physical touch. Whether it's holding hands, your arm over his shoulder, or a lingering kiss, you are filling up his Love Tank with each tender touch. You might say these intimate actions speak louder than words for Leif.

The key to filling up each other's Love Tanks is intention. You're both doing a pretty good job already but a little more investment in each other's primary Love Language is sure to pay incredible dividends for your relationship. In all likelihood, each of you can benefit from studying the nuanced dialect of one another's Love Languages by reading Dr. Chapman's acclaimed book.



What's the number one thing that will help you speak your partner's Love Language? Maximize your potential as a couple by reading Dr. Gary Chapman's groundbreaking book.

# RESOURCES

Ready for the next steps in building a better relationship?  
Check out the fun and helpful tools we have for you.



## DR. GARY CHAPMAN

Find all Love Language™ resources in one place. Whether it's for teenagers, singles, workplace relationships or marriage, we've got you covered. And don't miss out on downloading our powerful and free Love Nudge App.

[5LoveLanguages.com](http://5LoveLanguages.com)



## DRS. LES & LESLIE PARROTT

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[LesAndLeslie.com](http://LesAndLeslie.com)



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