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**Annie:** Hi friends. Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. Listen, we are in a special series called Summer Lovin' at That Sounds Fun podcast series in which we want to restore hope in dating and bridge y'all to helpful conversations, practical resources, and amazing experts so that you can see changes in your dating life, starting with you.

We are loving your comments and feedback about this series. You're having dinners with your people and discussing it, sharing these episodes with married friends and other single friends, and giving us your best dating advice. I just love hearing what you're thinking and the way you are embracing the start of these conversations along with each of these episodes.

During Summer Lovin', we've been talking through a lot of aspects of dating. Each episode features an expert, either someone who's written on the subject, works with a ton of people who are single and dating, or is a licensed therapist. And in a lot of episodes, like today, we sit down with both a single male and a female and get their perspective on it all as well. These are my staff and my friends or friends of friends who are just normal people who are navigating dating right alongside us in 2023.

Of course, they don't represent everything about dating, nor do they represent every person's experience. But I think they all do a beautiful job telling us about themselves and their stories. This is not an all-in-one guide to every part of dating but it is a jumping-off point and hopefully offers you some good wisdom that you can start implementing right away. We want to bridge you to these experts and their resources so you have something practical to walk away with. And at the end of this episode, we'll make sure and tell you how to find each expert and how to find their resources.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This episode is sponsored by [BetterHelp](#). As we talk about things like The Five Love Languages and the Enneagram, and coming soon, attachment theories, it may all feel complicated and a little too complicated to understand. One thing standing in your way, maybe grasping a better understanding of yourself in general, your motivations, desires, and the way you give and receive love. One way you can gain a better understanding is through therapy.

If you've been on the fence about starting therapy, BetterHelp is a great way to get started. We're big fans of therapy around here, and I think it's really important to prioritize time for it no matter what season of life you're in. This summer consider

giving therapy a try to help you better understand yourself and find a steadiness you need when things feel like they're spiraling.

They make it so easy. Y'all just go online and fill out a brief questionnaire, we love a quiz, and they'll match you with a licensed therapist. Finding a therapist that is the right fit for you is so important. So you can switch therapists anytime for no additional charge and you're sure to be working with someone who's a good match.

Plus your sessions can be done right from home. It's entirely online and designed to be convenient, flexible, and fit in your schedule. Find or balance with BetterHelp. Visit [betterhelp.com/thatsoundsfun](https://www.betterhelp.com/thatsoundsfun) today to get 10% off your first month. That's [betterhelp.com/thatsoundsfun](https://www.betterhelp.com/thatsoundsfun).

**Intro:** Today on the show we have Summer Lovin' expert, Craig Allen Cooper. Yes, you may remember Craig from Episode 379 when he joined his buddy Walker Hayes as they talked about their book *Glad You're Here*. What you may not know about Craig is that besides being an author and a speaker, he is the brand director for The Five Love Languages.

So when we were talking about the right person to come on and chat through dating and the love languages with us, we knew our friend Craig was the guy. Joining him are my friends Mike and Lillian. Guys, you know Lillian. She's the Chief Annie officer and basically the boss of me. And together the four of us talk about why and how the love languages are helpful when it comes to dating, and if there are certain types that are more compatible than others. It is fascinating, you guys.

This is one of those conversations that anyone can benefit from whether you want to be better at love and your friends or the person you're dating or your spouse. The 5 Love Languages have been a longtime helpful tool for understanding how we best give and receive love. And I'm excited for you to hear what each of my friends brings to the conversation today.

So without further ado, here is my Summer Lovin' conversation on the love languages and dating with Craig Allen Cooper and my friends Lillian and Mike.

Welcome to Summer Lovin', to That Sounds Fun. We're talking about love languages. Is everybody right? We've all taken our quiz. We all know what we did not know eight minutes ago. It's amazing.

**Lillian:** Some of it I knew.

**Annie:** Of course, Lils. Of course. Mike and Lillian, let me get y'all to introduce yourself so that people can get used to hearing your voices and meet y'all. Just start with

your first name, your age-ish, what you do with your day, and your kind of dating status currently. So, Mike, why don't you jump first?

**Mike:** Absolutely. I'm Mike. So happy to be here with all of you guys.

**Annie:** I'm so glad you're here.

**Mike:** So amazing. As far as day-to-day, right now I do do music full time pretty much, and right now I'm pursuing my real estate license as well. So I'll be hoping into real estate pretty soon. And in the dating world, I am divorced. So I am speaking up for all the divorcees. So just super excited to hop into the topics today and just dive into what we're going to talk about.

**Annie:** Thank you. Lils.

**Lillian:** I'm Lillian. I'm 29 and I work at Downs Books as the Chief Annie Officer.

**Annie:** That's right.

[crosstalk 00:05:09]

**Annie:** It's great.

**Lillian:** And I'm single.

**Annie:** Yes, yes. Very good. And Craig Cooper, welcome back to That Sounds Fun.

**Craig:** Thank you so much for having me. I love being here.

**Annie:** I'm so glad you're here.

**Craig:** Love being here.

**Annie:** I love when you're here. So last time you and Walker Hayes were here because y'all wrote a book together called *Glad You're Here* that everybody loved you. Y'all sold a gazillion copies. And all of our listeners loved it, too. But you're not here today because you're an author. You're here today because you actually work for the 5 Love Languages.

**Craig:** I do.

**Annie:** Will you kind of explain what you do for 5 Love Languages?

**Craig:** Yeah. I have the privilege of serving as the brand director with Dr. Gary Chapman for the 5 Love Languages. So it's basically anything that touches that brand, you know, from audio to books to brand protection, legal content, marketing, socials, you name it, if it touches that brand, I'm responsible. More like the director or conductor of the orchestra of the Five Love Languages. So I love it.

**Annie:** Which is also when I emailed him or texted him about coming, he was like, "Do you want to try to get Dr. Chapman?" I was like, "No, I want you. I want you. We already are friends." Thank you that he is available too and we would love to have him at some point. But for this, you're my guy, Craig. I wanted you in here with us. Do you have a problem with people? I mean, people were talking about the sixth love language all the time. "My top love language is Taco Bell. My top love language is..." So do y'all have an issue with that?

**Craig:** Great question. So Dr. Chapman gets asked that all the time, and he said, "You know, when I wrote a book-

**Annie:** He's awesome, right?

**Craig:** Yeah, he's amazing. "When I wrote the book I wasn't dogmatic that there are only five love languages. But no one has been able to convince me that there's a sixth one because all the ones that people talk about, like chocolate is my love language, if somebody gives you chocolate, that's a gift.

**Annie:** Right.

**Mike:** Right.

**Craig:** That's receiving of gifts. If you make something together, that's quality time. Yeah, we laugh about it all the time. There's all kinds of things out there. But since he put the book out 30 years ago hasn't been convinced that anybody has come up with something that's sixth love language.

**Annie:** I mean, 30 years ago.

**Craig:** 30 years ago.

**Annie:** And it's having such a revival.

**Craig:** It really is.

**Annie:** Everybody is talking about it.

**Craig:** Yeah. There was a TikTok trend that went off in the summer of last year. Y'all we have a quiz at [5lovelanguages.com](https://5lovelanguages.com) and over 115 million people have discovered their love language, which is just really remarkable. And the book itself has sold over 20 million copies since it's been on and it's been translated into over 50 languages.

**Annie:** Geez.

**Mike:** Wow.

**Craig:** So it's universal.

**Annie:** So if y'all are listening, if you want to hit pause real quick, it's [5lovelanguages.com](https://5lovelanguages.com).

**Craig:** Yeah, go check it out.

**Annie:** It is 30 questions. So if you want to hit pause, go take that for five minutes, go to the romantic section, take that for five minutes, get your five, and then hit "unpause" and come back to us. And then you'll kind of be in the know just like we are suddenly in the know.

**Craig:** Yes.

**Annie:** So I am so shocked at how my quiz turned out. So Craig, will you start? Will you just go over what the five love languages are?

**Craig:** Yeah, absolutely. Absolutely. So you've got words of affirmation, you've got acts of service, you've got quality time, you got receiving of gifts, and physical touch. So what happened is, you know, Dr. Chapman, he's been doing counseling for over 40 years. And he had a couple come to him at one point. And they had been married for 30 years and the wife came in and said, "Dr. Chapman, I need to tell you a little bit about us before you counsel us. We don't really argue, we don't have money problems." And she shared a few positive things like that and he began to wonder, "Did you come in here just to tell me how great of a marriage you have?"

And then she started to cry and just say, "But I feel no love from him at all. I just don't feel any love. Feel like we're ships passing in the night. We're roommates." And then he looks over the gentleman and the gentleman says, "I don't understand her. She says she doesn't feel any love and I do all that I can to show her that I love her."

And then Dr. Chapman, "So what do you do to show her that you love her?" And he said, "Well, you know, I get home from work before she does and so I start to make

the dinner. And if she comes in time, she'll join me and we'll do it together and then I do the dishes. And then every Thursday night I vacuum the house and every Saturday I wash the cars and mow the lawns and I help her with the laundry."

Dr. Chapman starts thinking, "What does this woman do? It sounds like he's doing everything." And she looks at him and says, "Dr. Chapman, he's right. He's a hard-working man but we don't ever talk. He's always washing the cars and mowing the grass and doing the laundry, doing the dishes."

And what he recognized there is, "Oh, okay, you have a sincere husband who has a desire to love his wife and she's not getting it because they're speaking different languages." And then as he dove into what would express love to you, obviously, for her, it was quality time. And for him, it was acts of service.

Then he pored over years and years of his counseling notes and recognized, you know, that individuals were expressing the similar types of frustrations. And then he identified, you know, when somebody says that they don't feel love, what were they complaining about, what were they desiring? And it felt the answers fell into those five categories.

**Annie:** Wow.

**Craig:** And that's where he got the 5 Love Languages. He started counseling with that for about five years, and then he thought, "Well, if I can write this in a book, maybe I can help people who will never come into my office." Little did he know it would sell over 20 million copies.

**Annie:** 20 million copies.

**Mike:** Wow.

**Craig:** So that's the origin of it.

**Annie:** Yeah. Lillian and Mike, did y'all have history with five love languages?

**Lillian:** Not really. I mean, I've heard it talked about all my life in church a lot. And I think, you know, I took a quiz a couple years ago but that's-

**Craig:** You were right about. You knew what your-

**Lillian:** Well, you know.

**Craig:** She guessed and then took it-

**Annie:** That's exactly right.

**Mike:** I heard about it in like passing. You know, so many people started to talk about it. And once they listed the five, I just kind of remembered how I love to receive love and I just kind of placed myself. But I had never actually took the quiz. But yeah-

**Annie:** Until today.

**Mike:** Until today.

**Annie:** Craig, talk to me a little about that. Because Mike makes a great point. Like, it's not just... While you take the quiz is you figure out how you receive love.

**Craig:** Right.

**Annie:** But when we're talking about dating, we also have to be really thoughtful just like the guy in your story that the person I'm dating may not have the same top love languages.

**Craig:** Yes, yes. And it's helpful to even have that as category to recognize that the way we receive affection or love may be different than the way someone else who you're dating receives affection or love. So discovering that is going to be key.

**Annie:** Is that like a first date conversation?

**Craig:** Dr. Chapman talks about there's three ways you can discover somebody's love language without them taking the quiz. One is by observation. What do they do? How do they tend to express love?

**Annie:** Oh, interesting.

**Craig:** Like my mom was always giving gifts. And it took me until I was working with Dr. Chapman to realize, Oh, receiving gifts was her love language. She was trying to express love in giving all of us gifts. But one is observing their behavior.

The second way is, you know, what do they ask for? So if somebody says, for instance, you know, I just went to London on the 5 Love Languages London tour. And I have an 11-year-old and she will ask, you know, "Daddy, would you bring me something back from London?" She's asking for a gift? Receiving gifts is her love language.

**Craig:** The third way is what do they complain about?

**Annie:** About me in the dating relationship or in the world?

**Craig:** Well, somebody says, you know, I don't think that we would ever touch if I didn't initiate that, then maybe their love language is physical-

**Annie:** Or you don't ever compliment me.

**Craig:** You don't ever com... Yeah. Or why haven't you helped me with anything? You say you love me but you never helped me with the dishes. You never help me with this. Whenever they complain or something like that, that's giving a cue into what their love language is. So I think observing... Obviously, the further you get into a relationship, you may just... you want to say, "Hey, have you taken that? I'd love to know what your love language is and vice versa.

**Annie:** Okay, let's talk about our top five. I mean, there's only five. But let's talk about where each of our ranks. So, Mike, why don't you start? Tell us, when you took the quiz, were you surprised or not surprised?

**Mike:** I was surprised with my second one actually.

**Annie:** Okay. Go through and then, Craig, you can diagnose it as we go.

**Mike:** So my top one was physical touch because just touch me, I love to hug and all the things just with friends community, all of that. Second one was words of affirmation. And then my third one was quality time. Fourth one is acts of service. And then I got a zero, a whopping-

**Annie:** Zero.

**Craig:** That's amazing. Zero percent.

**Mike:** Y'all don't see that a lot.

**Craig:** But that's amazing.

**Annie:** 115 million and you got your first zero

**Mike:** I promise you guys if you guys gave me a gift I would not like have a dog face going like, Don't give me a gift because I don't like. But I will receive it. So that's actually just mind-boggling to me.

**Craig:** Yeah, that is.

**Annie:** I mean, your top is physical touch as well.

**Craig:** Well, mine is actually words of affirmation at 37% and then quality time 33%. I'm low on receiving gifts.

**Annie:** Oh, the same. Y'all are low on receiving gifts.

**Craig:** I'm with you. Mine is 3%. It's not zero.

**Mike:** You're close.

**Craig:** I like books. Somebody give me books.

**Annie:** That is it, is you got a category.

**Craig:** Or trips.

**Annie:** Is that a thing men versus women? Like, do y'all see testing patterns?

**Craig:** That's a great question. I think we need to dive into that at some point and do the diagnostics and do the check, you know, male, female. But it can be different for everybody. A lot of it is, you know, how you grew up, environments, just the way you're wired, all of that. But I haven't seen zero, but that's really cool.

**Annie:** What do you feel like you know right now that you didn't know eight minutes ago?

**Mike:** I guess the gifts thing really caught me off guard and then just words of affirmation. I didn't realize how much I need or value support based off my answers from the quiz, like how it just, yeah, just creates an environment for me to, I guess, be successful or achieve. Like if I'm ever having a down day or bad day, like someone just taking the time out saying, "Hey, you're gonna make it through." It just really pointed out that I really value that.

**Annie:** All right, Lillian, what order are your top five?

**Lillian:** So the first one is quality time-

**Craig:** Does this count for quality time?

**Annie:** Yeah, does this count?

**Lillian:** That's actually a question of mine, like, what is it? What does that mean? What is quality time? Is it doing an activity together or is it just being together? Because if it's just being together, don't just stare at me.

**Craig:** That's right.

**Annie:** Don't just stare at me. That doesn't count, Lils-

**Lillian:** No.

**Annie:** ...when a guy just stares at you?

**Lillian:** Go do something. I don't know.

**Craig:** That is great.

**Annie:** Okay, that's some other stuff coming up. That's great. We're gonna-

**Craig:** Fantastic.

**Lillian:** Gifts is actually my second one.

**Craig:** That's why you gave us water. Thank you.

**Annie:** Also part of my job.

**Annie:** That's true.

**Craig:** I felt loved.

**Annie:** That's right.

**Mike:** I did. Despite zero percent, I'm really thankful for the water.

**Lillian:** But I think with gifts, I love giving gifts. It's not so much the receiving part but to be able to just work on projects, even at work that we get to put together gifts for staff.

**Craig:** That's really cool.

**Lillian:** It's just so fulfilling to me. I love it.

**Annie:** It's awesome. She like runs with it. When I'm like, "Let's give all the staff to so and so," and she's like, "It's ordered. It's done." I'm like, "Great."

**Craig:** So cool.

**Annie:** It's awesome.

**Lillian:** "That's the perfect idea." And then the third one is words of affirmation. Which that one I think is kind of opposite with gifts because I like to receive it but I'm really bad at giving it. Because even, you know, at work there's a time when you're like, "I did this. Look. Can I have a 'good job'?" And I'm like, "Great."

**Annie:** I'm always like, "Lillian, I did everything you had on my schedule today." She's like, "Okay." "Can I get a 'good girl'?"

**Lillian:** So I'm working at being better at that.

**Craig:** That is great.

**Lillian:** Number four was acts of service, which I think that one is... I know this is a different episode, but I identify as an Enneagram one. So a lot of times if people do something for me, I'm kind of like, "Oh, thank you. I'm just gonna have to redo what you've just done."

**Craig:** That's like loading off the dishes and then-

**Mike:** Oh, yeah.

**Craig:** ...and then you come over to it and you're like, "You did this all wrong."

**Lillian:** Yeah. Absolutely. 100%. And then physical touch was my last one.

**Annie:** What percent was yours?

**Lillian:** 3%.

**Annie:** 3%?

**Lillian:** Which I would like to point out, with it being that low, that does not mean that I don't like hugs. I like you know-

**Annie:** Sure.

**Lillian:** Come up and give me a hug. That's fine. Because that's something that me and my friends have talked about. It just means that I don't need you to come up and give me a hug to know that you love me.

**Annie:** That's a great way to put it because I'm that way with my low-ranking ones too. I'm like, It's not that I don't enjoy that. That just doesn't say I love you to me. And those are the ones I usually have to think about with the other person. Okay, Craig, diagnose Lils. What did you learn?

**Craig:** But she's very good at giving gifts. I think one of the things that's so helpful is recognizing when somebody's top is quality time, they're spending time with you, they're showing love to you. So it's just like that husband, you know, for the wife to know, Oh, every time he does the dishes, helps with the food, does the laundry, all that kind of stuff, he's actually trying to communicate love. That softens your heart and helps you recognize that maybe you don't value receiving gifts as highly but you can value the love that someone's giving in trying to give you the gifts.

**Annie:** That's really good.

**Craig:** I think, for all of us, it's just helpful to recognize expressions of love, even if that's not your love language, if that makes sense.

**Annie:** Yeah.

[00:20:52] <music>

**Sponsor:** Hey friends! Just interrupting this conversation to share about one of our amazing partners, [Fast Growing Trees](#). Are you doing any yard work or refreshing your indoor plants this summer? Whether you're an expert when it comes to plants and landscaping or you can barely keep them alive like me, [fastgrowingtrees.com](#) has got you covered for all your interior and exterior landscaping needs.

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**Sponsor:** And I have one more amazing partner to tell you about, [Chime](https://www.chime.com). Okay, there are a lot of you who just graduated and are starting your first job. And man, I can remember getting my first paycheck as an adult and I couldn't wait to start spending it, well, and saving some too. Here's the thing. Good money habits start with your very first paycheck.

And you've got an opportunity to jumpstart a healthy financial journey from the start to your first job or a new job or just a new season. When you sign up for Chime and link a qualifying direct deposit, you get access to benefits like getting paid up to two days early and fee-free overdraft up to \$200. Plus, with Chime, there are no monthly fees, no minimum balance, and no deposit required to become a member.

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And now back to our Summer Lovin' conversation with Craig and Lillian and Mike.

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**Annie:** Okay, you ready to diagnose me?

**Craig:** Oh, yes.

**Annie:** Number one, physical touch, 33%. Great. Number five, very bottom, words of affirmation 7%.

**Craig:** That's surprising to me.

**Annie:** I know. I was particularly thinking in romantic relationship. And I think because my work is really blessed with people who say kind words to us, that doesn't ring as important in romantic relationships because that bucket gets filled for me luckily, because people are very generous with their words toward the work we do.

**Craig:** Wow.

**Annie:** But my three in the middle, quality time, acts of service, receiving gifts all tied.

**Craig:** That's amazing.

**Annie:** Exactly. Does that mean I'm just extra needy?

**Craig:** It means you're full of love.

**Annie:** Oh, I hope that's true.

**Craig:** You're full of love.

**Annie:** I mean, have you seen that? Is that a thing?

**Craig:** Yeah, absolutely. And I think too is just your situation can affect the way that this comes out. Like you said, you're... You know, he talks a lot about a love tank being full. You know, it sounds like yours is with words of affirmation just because you're putting out a lot of words out into the world, and people are expressing appreciation for that. I know I'm grateful for your ministry and the work that you do. So in a romantic relationship, you're probably craving or desiring that physical touch, which is awesome.

**Annie:** Because as I told you when you got here, quality time is so low to me. Like that doesn't say very much to me, quality time. But then after I took the quiz, I was like, Oh, that's the same as acts of service or receiving gifts. I bet it actually means more to me in romantic relationship than I realized. Because even you said, Well, what if we all go to soccer games? I was like, Oh, yeah, for sure. I want to go and do... Oh, you don't mean sitting on a couch staring at each other because that, like Lillian said, is boring.

**Craig:** I think that's a misunderstanding of quality time, too, is it doesn't mean like watching Netflix or watching a TV show or watching a movie together. It's more eye to eye, soul to soul, heart to heart. I've got a couple kids who want to take

walks. "Dad, can we go take a walk?" What they're asking for is one on one quality time. That's what they want is just "I want daddy alone. Just the two of us." But no, that's not surprising at all. Based on what you said, I think it's amazing.

**Annie:** Okay, great. I was like, well this is...

**Craig:** There are no wrong answers. For anybody who's listening who takes this, there are no wrong answers. And something may shift or change based on your season in life and where you are. But it's helpful to know right now in 2023, what is the way that I would receive love and the way that I can give love to the people that I love.

**Annie:** Because naturally if we're not thinking about it, we're gonna give in the exact way we receive.

**Craig:** That's exactly right. That's one of the ways you can find out. Most often what somebody's love language is, how they give love. If somebody's giving you gifts, very thoughtful gifts, then they're probably going to really appreciate a very thoughtful gift.

**Annie:** Mike, I'm sorry to hear that for you. I know.

**Mike:** Oh, no.

**Annie:** I know. You go like, "Oh, no, she gives really thoughtful gift."

**Craig:** If somebody's wanting to hold your hand, you know, physical touch is probably a big deal or arm around, you know, the shoulder, Hey, can we dance? My 15-year-old daughter, every time she walks in the door, she'll put everything down and she says, "Daddy, can we dance?" She just wants to dance. Physical touch and affection for her is really, really high on the list. Ain't it insightful just to know what fills you up and then know what fills up?

**Mike:** Does it change? Do your, I guess, types change based on like the level of relationship? Just to say, Annie said romantically in some cases, like, she doesn't need words, because she's already supplied in the area. So can it change and vary in like a friendship or romantic relationship?

**Craig:** Yeah, I think it can. I think you're gonna have a primary but seasons may look different. For instance, let's say, a mom of small kids. You know, for her if you're just absolutely exhausted and then her husband walks in the door, what really would speak love to her might be an act of service. Like, hey, let me take the kids, you lay down, you rest. So there are seasons for that, which I am sure that some of

the 115 million assessments that have been taken have been taken by the same individuals in different seasons, which is fine.

**Annie:** Oh, interesting. Sure. Yeah.

**Craig:** Which is totally fine because your season may change.

**Annie:** Yeah, yeah. Even when the question said, "Do you like it when someone helps you when you're tired?" You're like, "Oh, yeah, yeah. Oh, in that scenario? Yes. That's fascinating. Okay, so Craig, here's my question. Are all types compatible? We know with Enneagram, and this is true with attachment theory, that there are people that all will work, but some are gonna be more difficult than others. Is that true in love languages?"

**Craig:** I think for the love languages, it's more about the attitude of the heart of the individual. So if you have the attitude of Christ, you're gonna want to express love regardless of what the five are.

**Mike:** That's good.

**Craig:** You're gonna want to give... I think of Ephesians, husbands love your wives as Christ loved the church and gave Himself up for her. There's a sacrifice. We were talking before this, that last night I came home late after dinner.

**Annie:** Talk about the story. I was gonna ask you to tell this. I'm glad you are.

**Craig:** I walked in and there were dishes all in the sink and I was tired and I didn't want to touch them. And honestly, in my mind, I'm thinking, let's just have the kids do this tomorrow morning.

**Annie:** Because they're teenagers.

**Craig:** They are now. So Laura went into the bathroom and then she came out and I had my hands on the dishes, and I was putting them in as quickly as possible. She just stopped and looked me straight in the eye and said, "Thank you, that means so much to me that you would do that." And then she said, "You think you could help me fold the laundry?" All the laundry was on our bed so you can't lay down on the bed. So I finish the dishes, walk in and you know, fold the laundry.

And I'm ashamed to say that often I go the opposite direction of that nudge. But last night, you know, I knew this is her love language is acts of service. It was a moment for me to love her even though I don't feel like doing it and went ahead and did that. And it really meant a lot to Laura.

So I think there are individuals... I think about Dr. Chapman tells a story of a guy who found out his wife's love language was words of affirmation. And he said, "I don't know how to do this. Dr. Chapman, I don't know how to do this. All I heard growing up was you're never gonna amount to anything. Your life is... you're gonna be sorry." And hear these hateful words from his parents.

So Dr. Chapman said, "Well, I can help you. Tell me three things your wife is good at. And he said, Well, she's a good cook. So he wrote down "good cook". She's a "great school teacher". Wrote down "great school teacher". And then there was another one and he wrote those three. Dr. Chapman just gave him some words. And one of the phrases was, "Sweetheart, I really appreciate you cooking for us. You do such a wonderful job doing that. And I love it and I'm grateful. I don't tell you often but I want you to know that." So Dr. Chapman said, "Your assignment is, go look in the mirror and repeat this-

**Annie:** Oh, just practice it. That's so sweet.

**Craig:** ...until you get good at it and then come back and share it with me." So he shares it with him. And he goes, "Now your assignment this week is go and share this with your wife." So he shares it with his wife. And then after a period of time, she said, "What's gotten into you?" And he said, "Well, I'm just trying to express love to you in a way that I know that you will receive it." And she said, "Oh, that's so sweet." And then she reciprocates.

So I think it's not as much like the Enneagram or it's incompatible. It's more "what's our hearts"? And if our heart is to love after all of the, you know, tingly feelings of falling in love, which researchers say that's about a two-year time period, give or take, how do we express love to the person that we love in a way that they'll receive that love? So I think if you have that attitude, we can go after it regardless of what... there's no incompatible love languages.

**Annie:** Are there any love languages, Mike and Lillian, that if you met someone and it was their number one, it would be intimidating or it would be, Oh, I'm not sure I can do this," or-

**Craig:** That's a good question.

**Annie:** ...this is gonna be a hard one for me?

**Mike:** That's good.

**Lillian:** Yeah. I think when guys say their top is physical touch, it's kind of like, how much of that is actually true versus just being a guy? So it's kind of like, because it is so low on my list, it can be intimidating.

**Mike:** I would say none, I guess. I just really love valuing the other person's needs. So if it's like, "Hey, what do you need in this moment, in this season? Like what's going to help you through?" And they communicate, "Hey, I need this." Then I'm like, "Okay, that's what you need."

**Annie:** I feel so much pressure from quality time people.

**Craig:** Do you really?

**Annie:** They aren't even doing that. To me, I feel intimidated. I will never be enough for quality time people is how I feel. That's why I'm laughing that it ranked as high as it did for me because it's the one I'm the most like, "Oh, gosh, if you tell me that's the thing that matters most to you, I'm going to let you down. I already know-

**Craig:** Feels intimidating.

**Annie:** Yeah, yeah. So what do we do with those? Craig, what do we do where we think, "Oh, no, I hope you're not this." Or is that just the Lord refining us? Is that Jesus trying to make me a better person of love?

**Craig:** That's a great question. I mean, we're never going to fully satisfy anybody on this side of eternity and they're never going to fully satisfy us. So I think part of having a great relationship, a great marriage is knowing that and recognizing that at the end of the day, my desire for quality time it's a divine thing that, you know, only God can fully satiate that, only God can fully satisfy that.

The same thing with, you know, receiving of gifts. God so loved the world that He gave His only Son that whoever believes in Him should not perish but have everlasting life. I just think so much of our relationship on this human level is to help point us to the goodness of God and to our need for God. And they kind of go like train tracks together. I think talking about it is really good and helpful, you know, being honest and saying, "Hey, this intimidates me. Is there anything that intimidates you?" But at the end of the day, look into Jesus. And finding our soul satisfaction in Christ alone is only going to help our relationships.

**Mike:** So good.

**Lillian:** Do you think Jesus had rankings for the love language?

**Annie:** That's a great question.

**Craig:** That's a good question. So I've heard Dr. Chapman share about this a lot. He talks about how God speaks your love language-

**Annie:** Oh, wow.

**Craig:** He wrote a book about it. It's called *God Speaks Your Love Language*. It's really wonderful. But you know, I just mentioned receiving of gifts. John 3 and really James says, Every good and perfect gift comes down from the Father of heavenly lights, who doesn't change like shifting shadows. All we have is a gift from the Lord's life. He gives all men life and breath. And what? Everything else. Acts 17.

So the Lord speaks our love language. But if you look at Jesus' physical touch, what was He doing? He touched the lepers? He would touch the blind. He said, "Let the little children come to Me, do not hinder them for to such belongs the kingdom of God." He was constantly touching and healing. Jesus, I think He perfectly spoke all five love languages to us. And He's our Savior and He's our example as well. So yeah, words of affirmation, you know-

**Annie:** All the time. He was with people all the time.

**Craig:** Quality time.

**Annie:** Every time He tried to get away, they wouldn't let Him.

**Craig:** Absolutely.

**Annie:** He had compassion on them when they came around.

**Craig:** He did. Right. Right.

**Annie:** And He spent time with the twelve. I mean, can you just imagine He called them to Himself and He would walk away and they'd say, "What did you mean when you said this? And He would explain the parables and all that. So He was showing all of them.

**Annie:** What other questions? Do y'all have any questions rolling around in your brains?

**Mike:** I do. As far as just the languages go, just say someone just adopted this method, you know, how long does it usually take for like a couple to really just get it down to like, All right, I understand you now a little bit better and you understand me?

- Craig:** That is a great question. I've heard Dr. Chapman share about sometimes, you know, three weeks people would come back into his office and say, "This has changed everything."
- Mike:** Wow.
- Craig:** Sometimes it takes a lot longer because of patterns of behavior or how deeply ingrained you've been in maybe feeling unloved or not showing love. I think it depends, but it could be as... he has said that as early as three weeks of just learning their love language and trying to express that to them in a way that they feel... It's not so much that we love people that matters. It's that they feel our love.
- Annie:** That's the problem, right? That's the problem. You're like, "I do love you." And they're like, "I don't feel it."
- Mike:** Wow.
- Craig:** That was the situation with that wife and her husband for 30 years. And he's trying to say that he loves her but he wasn't speaking her love language.
- Annie:** It's a little bit spirit of the law versus letter of the law. You're like, letter of the law is I love you. But spirit of the law is if you don't feel it, then am I actually doing this well?
- Craig:** Right. Right.
- Mike:** I think too it just exemplifies dying to yourself in a manner-
- Craig:** Yeah, you're right, Mike.
- Mike:** I have to die to just what I know now-
- Craig:** That's it.
- Mike:** ...and adopt something that's totally new. So I just love how it just brings out true intimacy and what that looks like.
- Craig:** Greater love has no one than this: that they lay down their lives for their friends. So it's a sacrificial type of thing. You know, the romantic aspect of love that's going to be short-lived. And you'll be really disillusioned if you think the feeling of falling in love is going to last with you forever because it really doesn't. It's funny my wife and I dated for about three years before we got married. And right when we got

married, you know, they say that the feelings of falling in love last about two years, we were three years in when we got married, and life just hit us really hard.

I share about some of that in *Glad You're Here*. But you've got to have something deeper than the tingles. It's a sense of commitment to love this person like Christ loves us, which is sacrificial and laying down of our lives. And discovering how do you receive love. I want to give it to you that way.

**Mike:** So good.

**Annie:** So with people just even in friendships, you know, like, with our friends, how do we do this well? Is it different when you're in romantic relationship than when you're with friends or family?

**Craig:** Oh, there'll be differences of degree for sure because in romantic relationships-

**Annie:** Yeah, you're not making out with your friends. If you are, y'all are not friends anymore.

**Craig:** That's great. You know, we have types of friendships and relationships where we can all talk about, "Hey, have you taken the 5 Love Languages assessment? What were your top ones? Oh, that makes sense." That's a great dinner type of discussion. That'd be an amazing thing to do with friends or a small group, that kind of thing. But the lights will come on too. You'll go, Oh, I get it. This is why you plan trips. This is why you're the person to initiate the planning of trips because you love quality time." Or this is why when you go somewhere you bring something back.

This is why you take a picture and you send it and say, "I'm thinking of you." Or why we get these encouragements. Because you may have friends who will just out of the blue say, "Hey, I was praying for you. This first came to mind." I have friends like that. And you know, I just want to encourage you with these words of affirmation. So yeah, I think it's a great discussion for every human relationship that you want to strengthen.

[00:42:37] <music>

**Sponsor:** Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [nuts.com](http://nuts.com). We take snacks very seriously around the Downs Books and That Sounds Fun Network offices. Thanks to Lillian we always have our cabinets stocked with snacks because we are not about that 11 am starving feeling or that afternoon slump.

And one of our go-to's is the snacks from nuts.com. Nuts.com has a little bit of everything you're looking for for snack time. They are your one-stop shop for freshly roasted nuts, dried fruit, sweets, popcorn, and even pantry staples like specialty flour and more. Their wide selection means that there is something for everyone. They have cashews which everyone loves except me. I'm not a cashew guy. But everybody else loves them. Gummy Bears. I love olives. We love chocolate-covered espresso beans, interested, saltwater taffy, trail mix, and literally so much more.

Our personal favorites around here are the dried mango, yes and amen, and the bourbon pecans, yes and amen. Both are hard to keep stocked in the office because they get eaten so quickly. They are so good. In fact, Lillian, I need you to order some more of that mango, please.

Nuts.com offers plenty of gluten-free options and organic choices and other health-friendly products as well. Whether you're looking for something sweet, savory or need to stock up on everyday cooking essentials, you are bound to find something to try. Shop ala carte anytime or opt into hassle-free auto-delivery so you never run out of your favorite items. And if you're already stocked up at home, they also sell directly to businesses, thank the good Lord. They sell to us.

Right now nuts.com is offering new customers a free gift with the purchase and free shipping on orders of \$29 or more at [nuts.com/thatsoundsfun](https://nuts.com/thatsoundsfun). So go check out all of the delicious options at [nuts.com/thatsoundsfun](https://nuts.com/thatsoundsfun). You'll receive a free gift and free shipping when you spend \$29 or more. That's nuts.com/thatsoundsfun.

**Sponsor:** And one last amazing partner to share with you, this is a delicious section of our show, [Thrive Market](#). In a tour month like this when I barely have time to run errands, Thrive Market is my go-to for all my grocery and household essentials. And the convenience of getting it all quickly shipped to my doorstep is a huge time saver.

Even when I'm in town a lot I don't like grocery shopping so Thrive Market's really is my go-to. They've got my favorite snacks, they help me get enough protein even on the go especially when I'm traveling so much. And they have my clean cleaning supplies so that I know my house is getting clean without introducing unnecessary chemicals into the situation.

Not only does Thrive Market save me drive time and waiting in line time, they also save me shopping time. I love the filters on their website and their app, they have over 70. So whether you're looking for certified gluten-free snacks, like I always am, or if you're looking for non-toxic cleaning essentials, you can curate your own shopping experience with the click of a button.

And as a Thrive Market member, I can save money on every single order. On average I save over 30% each time, you guys. Yes and amen. On top of that massive savings on each order, Thrive Market has a deals page that changes daily which I look at daily. And it gives me cashback on so many brands and they have price match guarantee.

Plus when you join Thrive Market, you are also helping a family in need through Thrive's one-for-one membership matching program. You join, they give. I love it. Join in on the savings with Thrive Market today and get 30% off your first order, plus a free \$60 gift, you guys. So go to [thrivemarket.com/thatsoundsfun](http://thrivemarket.com/thatsoundsfun) for 30% off your first order plus a free \$60 gift. That's [thrivemarket.com/thatsoundsfun](http://thrivemarket.com/thatsoundsfun).

And remember all the links you may ever need are in the show notes or in Friday's AFD Week in Review. And you can sign up for that in the show notes as well.

And now back to finish up our Summer Lovin' conversation with Craig and Mike and Lillian.

[00:46:30] <music>

**Annie:** So I'm thinking about our friends who are dating and they don't have a lot of money. So things like gifts are really challenging. So what if your life doesn't allow for it? Maybe you're in a long-distance relationship so quality time just isn't going to be doing things together. How do we overcome that stuff?

**Craig:** Oh, great questions. Actually, Dr. Chapman has written a line of books, you know, even for the military for like-

**Annie:** Oh, sure.

**Craig:** Yeah. How do you express love to your spouse when they're deployed? He has a book on-

**Annie:** If physical touche is their number one.

**Craig:** He has a book on that.

**Annie:** Wow.

**Craig:** What's really cool, one of them was a wife traced her hand and she mailed it to her husband. And then she said, "I want you to put your hand on my hand, and know that even though I can't touch you I love you, and I'm right here with you," or

whatever. And he said every time he put his hand on that sheet of paper, he felt that. Another wife cut some of her hair and put it in a little ziplock bag and mailed it.

**Annie:** Oh, my gosh, like the 1800s. That's a lot of hair.

**Craig:** She said, "I know, you can't touch my hair-

**Annie:** "Here's a baggy."

**Craig:** There you go.

**Annie:** "Whatever it takes. Here's my hair." Wow.

**Craig:** I think we can be very creative in expressing love and affection, even if somebody's apart. It is hard, though. That's really-

**Annie:** I feel for people who's like, "Man, my number one thing is gifts and I have no money," you know?

**Craig:** Yeah, yeah. We were just in London and I heard him share this. He said, you know, it doesn't have to be expensive to be a gift. It's springtime and guys, you can go get a flower in your yard and give it to your wife and tell her that you love her. And he said, "If you don't have any flowers in your yard, check out your neighbors." He's like, "I'm not telling you to just steal anything. But if you go up to your neighbor, and you say, Hey, my wife really likes tulips and you've got tulips over there. That's her favorite flower. Can I give you \$5 for that?" More than likely that neighbor is gonna say, "Hey, man, I don't need your money. Just take the flower."

And then he said that for kids, you know, if somebody's love language is receiving of gifts, you could give an eight-year-old boy a rock out of, you know, a park area and say, "Hey, man, I was out. I saw this. I thought of you. I wanted you to have it. Look at the colors. Look at how amazing it is." And if his love language is receiving gifts, you'll find that rock in his dresser drawer when he's 23 years old. And he'll remember when you gave it to him.

**Annie:** Wow.

**Craig:** So it doesn't have to be expensive. And I think we pray for wisdom. God says, if any of you lacks wisdom let him call out to the one who gives freely to all without finding fault and it will be given. You can say, Lord, I need wisdom to know how to express love on this budget.

**Annie:** Right. Right. Right. Help me, Jesus.

**Craig:** When we first were married we were going to a Chinese restaurant where we would split hot and sour soup-

**Annie:** Oh, my gosh.

**Craig:** ...and an egg roll.

**Mike:** Come on.

**Craig:** Because it was so cheap. We could do it for \$5 or less. This was 24 years ago. And the lady would always say, "You don't want more." And we felt so bad. It was like, "I don't have any money." My salary was like 22,000 and Laura wasn't working and we were trying to make everything work.

**Mike:** Wow.

**Craig:** But we still wanted to do dates, so we found a place that we could do it for five bucks, and we met every week.

**Annie:** Oh my gosh.

**Mike:** Wow.

**Annie:** Yeah, made it happen.

**Craig:** We made it happen for quality time. And then the hot sour soup was good.

**Annie:** It was also delicious.

**Craig:** It doesn't have to be a million dollars.

**Annie:** I mean, Mike, from the seat of someone who's been in a committed relationship, a marriage, and now you're back in the dating world, is there fear of like, Man, I already tried and I thought I loved and then... or man, I'm not picking a woman that leads with this because that did not serve me." How's it different when you're back in the dating pool?

**Mike:** It's very different. And yeah, you said a good word there—fear. It's so many fears entering into a space because I got married when I was 24. I'm 29. But, you know, me and my ex, we dated when I was 21. So dating then and then dating now is completely different.

**Annie:** Totally different.

**Mike:** But I think just all the concepts and underlying things are still the same. It just looks different also. But yeah, you do kind of lose just some trust in yourself after that. Because you just have this picture, this expectation of like, Hey, I was going to just be married once and live happily ever after. And then next thing divorce is in your face, and you're like, "Okay, well, this is not what I dreamed."

But yeah, just taking it very slow, especially with yourself, being patient with yourself, learning who you are now, and then understanding what fears you have. And I think that comes in the experience of dating in different settings and different just relationships. And you start to discover those and put a couple of those together. And it just gives you an idea of where you are. And you're like, "This is what I can attack but also coming out of a marriage understand more what I need now."

**Annie:** Oh, wow.

**Mike:** ...and how I receive love and what an environment is good for me.

**Annie:** Craig. I mean, from what Mike is saying and from this whole conversation, it sounds like the five love languages is kind of the thing in the center of the table that just is about communication. Is that it? Is that the trick? Because that's what Mike said. It sounds like what you're saying, Mike, is you're learning how to communicate on your own behalf better because of your experience. And this is all about communication.

**Craig:** Oh, yeah, it's all about communication and expressing love in a way that others receive it. And then also knowing what fills you up? Dr. Chapman wrote a book on this related to the workplace.

**Annie:** Oh, wow.

**Craig:** The 5 Languages of Appreciation in the Workplace.

**Annie:** Oh, wow.

**Craig:** He's found that like 64% of people who leave their jobs would say they didn't feel appreciated at work.

**Annie:** Wow.

- Craig:** Well, if you're an employer and you know how to express appreciation and how they receive it, that would be very good for any employer to do that.
- Annie:** Yeah, I want to do that.
- Craig:** So that you know, okay, this is how this individual would receive appreciation the best. But there are environments too that just drain you. And figuring that out, I think, in our relationship, you know, being able to hit it head on to talk about it and communicate, like you said, Annie, just didn't know in a way where it's real street level, "Hey, when I do these things I'm trying to share love, but how do you receive love?" You know, all of that. We have a great tool. You can find it out just by going online.
- Annie:** Lillian, you have so many notes on your paper. What did you not ask?
- Lillian:** I [have them all?].
- Annie:** Really?
- Lillian:** Yeah. I did.
- Annie:** I was worried that we were gonna finish up and you were gonna have a burning question that we didn't get to know.
- Lillian:** No. No. I'm all good.
- Mike:** That was a great question about Jesus.
- Annie:** About Jesus. You're like, "What's our Lord and savior? Was he also all of them?"
- Craig:** I love it.
- Annie:** I think so too. He was every Enneagram type. He was not only attachment issues. He's just secure.
- Mike:** It's amazing.
- Annie:** Okay, Craig, what did we not say? What do our dating friends need to know about love languages that we didn't say?
- Craig:** Man, I think you covered it. Anybody can go on to [5lovelanguages.com](http://5lovelanguages.com) for tons of resources to strengthen their relationship. If you're single, there's a book for singles too.

**Annie:** Oh, good.

**Craig:** Yeah.

**Annie:** Oh, wow. We'll link to all that in our resources page. The orange book.

**Craig:** It's the orange book. This is the purple book. The green one's for kids. The blue one's for teenagers. And then there's an... He's written 62 books.

**Annie:** All off of the 5 love languages?

**Craig:** Not all of off the 5 love languages There are about 10 that are hit on this and then there are others.

**Annie:** But yeah, words of affirmation are his words. I believe it.

**Craig:** Yeah, they really are.

**Annie:** That's amazing. Well, please thank him for us because truly, I feel like when you have... even me I'm sitting in this with these that I know today and I'm like, Oh, this changes conversations for me.

**Craig:** That's so good.

**Annie:** So that is so helpful.

**Craig:** That's so good.

**Annie:** I'm so thankful.

**Craig:** That's so good.

**Annie:** Do y'all have any more questions? Anything else you want to know or say?

**Mike:** I just want to say thank you. I think... I don't think. I know this just empowers so many people. Just even these conversations have just brought light to so much. I like to think of it as like a lot of people were, you know, in a sword fight with a screwdriver and then they get to take the sword-

**Annie:** That's so good.

**Mike:** ...and bring it to fight and battle. You know, and battle for the love or intimacy or whatever that is, connection.

**Craig:** That is so good.

**Annie:** And they're like, "Why is this screwdriver not working?" And you're like, "Pick up a sword. That's different." Okay, let's end. This is really fun. I've got to know from each of you. Mike, tell me because the show is called That Sounds Fun, tell me what sounds fun to you.

**Mike:** Just taking what we've learned today and applying it just to life and just different relationships in my life. And being a better person in that regard and healthier in relationships is kind of just like the new sexy, right?

**Annie:** Right.

**Mike:** It's like this new wealth, you know. So just super excited to hop into that.

**Annie:** "Healthy is the new sexy" makes me so happy. Like be emotionally healthy and I can't resist. That's exactly right.

**Craig:** That's good.

**Annie:** Well done, Mike. All right, Lils, because the show is called That Sounds Fun, tell me what sounds fun to you

**Lillian:** So you know the Netflix show called *The School of Chocolate*.

**Annie:** You said you know and none of us know.

**Lillian:** Okay, okay. It's this French pastry chef and he builds these incredible chocolate sculptures and they're lifelike. He does gears made out of chocolate and makes things work and it's so cool. And he has an Instagram page that I follow and he posts all the stuff. So what sounds fun to me is taking a masterclass with him on chocolate.

**Annie:** Is he single?

**Lillian:** I don't know.

**Annie:** Lils, you gotta know. You gotta know.

**Lillian:** He lives in France.

**Annie:** You can work from here. You just would have to do some-

**Craig:** [inaudible 00:57:42] vacation.

**Annie:** Yeah, that's right. That's right.

**Craig:** Give yourself the gift-

**Annie:** That's right. That's exactly right.

**Craig:** ...of Chocolate and the masterclass.

**Annie:** That's a great answer.

**Craig:** I love that.

**Annie:** All right, Craig Cooper, because the show is called That Sounds Fun, tell me what sounds fun to you.

**Craig:** I would love to get the new VW ID. Buzz.

**Annie:** Uh huh.

**Craig:** Have you seen it?

**Annie:** I mean, I haven't seen a real one.

**Craig:** It's an electric... It's the one from back in the 70s but they've redone it. I would love to get in that thing and travel the country and then go to the different national parks in some of the biggest cities that I-

**Annie:** Who is going with you? Just Laura or are you gonna take the kids?

**Craig:** I would love to go with... Laura and I just do that. Because it can sleep too.

**Annie:** Yeah, yeah, that's it.

**Craig:** We did an RV trip. We actually did an RV trip in March of '21. We took the whole family. And it was amazing. But I would love to do that with Laura. That'd be really cool.

**Annie:** I have to tell y'all my favorite Craig story. I was at a restaurant a year ago and I'm sitting with a friend and we're eating and Craig walks by. And I've known Craig for a year at that point or so. I mean, he had been on the podcast, we're friends. He walks by and he looks at me and then looks away. And I was like, "Oh, that is weird."

So I say to my friend I'm sitting with, "That's my friend, Craig. I don't know why he's being weird." And he looks back at me again and I was like, "This is so bizarre." And he walks over, he says, "Hey, are you Annie?" And I was like, "He's had a stroke or something. I texted with him yesterday."

**Craig:** Oh, no.

**Annie:** Our friend Craig has an identical twin.

**Craig:** Identical twin.

**Annie:** Absolute identical twin. It's Stuart. Is that right?

**Craig:** Yeah, Stuart.

**Annie:** And Stuart introduced himself to me, he was like, "I see you looking at me. I am not Craig. I am Stuart." And I was like, "What?" Because I didn't know you had twins.

**Craig:** It happens all the time.

**Annie:** It was wild.

**Craig:** All the time.

**Annie:** Because y'all both live here.

**Craig:** Yeah, we do.

**Annie:** And share worlds.

**Craig:** We went on a double date in Knoxville, and I can see my wife out of the corner of my eye about five feet from me. We're looking at Marble Slab. We're like trying to pick out our ice cream. And then I feel somebody come up behind me, go real tight-

**Lillian:** Oh, no.

**Annie:** No.

**Craig:** Cheek to cheek. And I hear, "What are you gonna have sweetheart?" And I froze. Like the ice cream, I froze. And I was like, "I was gonna get the vanilla cinnamon. Do you need anything? You're not my wife. I'm not Stuart." And she goes, "Ahhhhwww." Just screaming. Then she pushes me away. And the workers over there were like, "What's going on?" And I was like, "It's okay. It's okay. It's great. We're identical twins," and I was pointing to my brother, and I was like, "And our wives just mixed us up."

We went to a concert, we went to the Eagles concert and my older brother texts the next day. He's like, "I'm looking at these pictures. Is that Stuart that's next to me? Because I thought I was sitting next to Craig."

**Annie:** Oh my gosh.

**Craig:** So Stu types back and goes, "No, that's me. Are you saying you think that that was Craig in the picture or for the whole concert?" And Tyson goes, "Both." My own brother thought he was sitting next to my twin brother. It is me." It happens all the time.

**Mike:** Wow.

**Annie:** Ain't that wild?

**Mike:** That's crazy.

**Annie:** I mean, that identical. It is wild. Thank y'all for doing this today.

**Craig:** This was awesome.

**Annie:** That was awesome.

**Mike:** Thank you for having us.

**Annie:** That was awesome.

**Mike:** This has been incredible.

**Annie:** Well done.

**Outro:** Oh, you guys, aren't they the best? Wasn't this fascinating? I really hope you obeyed us, stopped in the middle of the show, and took the quiz for yourself to sort

out your love languages. I could not have been more shocked at my results. And be sure you follow Craig on Instagram. Tell him thank you for being here for this series.

And for a full list of all the resources and Instagram handles from our Summer Lovin' experts, just go to [anniefdowns.com/dating](http://anniefdowns.com/dating). We have only three more episodes left in this series. I'm so sad. It's going so fast. But make sure you follow along, share this one with your friends. Everyone loves talking about love languages. So share this one with your friends.

And if you have follow-up questions after listening, drop your questions in the link in the show notes for a follow-up Q&A episode in the fall. If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook, and out on the road for the Here For You tour. You guys, I cannot believe everything is coming to an end. All my favorite things are coming to an end: The Summer Lovin' series, the Here for You tour.

This weekend is our last run. But there's still time to come see us before it is all over. We're in Kansas City, Missouri on Thursday, Dallas, Texas on Friday, and ending it with a big bang on Saturday in Austin, Texas. Listen, if you can get to Austin, get to Austin. So come on out you guys, head to [hearforyoutour.com](http://hearforyoutour.com) to grab your tickets. I think the VIPs pre-party and post-party are sold out in a couple of those cities but we definitely have a seat for you in the room. So y'all go ahead and grab your ticket. We're afraid the tickets are gonna sell out this week. So grab your tickets today.

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you. I will do the same. Today what sounds fun to me is a long walk at Radnor Lake. The weather is perfect. So I see that in my very near future.

Y'all have a great week. We'll see you back here on Thursday. Oh man, with this conversation about attachment theories, get ready. Attachment theories and dating with our expert and therapist Jason VanRuler and two of my friends, Shana and Sam. It is going to be a good one, you guys. So we'll see you back here on Thursday.