

# 'The Bachelorette' Season 8, Episode 7: How to Express Your Love, Bachelorette Style



By

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That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that

is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of The 5 Love Languages, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

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It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

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The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef's love language is a combination of receiving gifts and words of

affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night's episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!