

THE SIX STAGES OF LOVE

BY

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THE FIVE LOVE LANGUAGES BY GARY CHAPMAN

MBTI AND THE FIVE LOVE LANGUAGES

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## ABOUT THE AUTHOR

Hi! My name is Khair Bakhsh.

### OTHER BOOKS BY AUTHOR:

Calculating Time With Sun And Basic Maths

## ABOUT THE BOOK AND THE THEORY

This book is about a theory written by the author of this book. This theory is based on the personal studies and observations of the author. Humans follow a structuralized behavior when they love and I have taken those behaviors, defined them in simple and easy terms. This theory does not discuss why or how love is caused nor does it discuss how the Subject should best handle them. It only shows the behavioral structure of the subject and how they are most likely to proceed.

By the word "Love", I don't mean one's love for their friends, family, pet, or anything else.

In this context "Love" means, the sexual/Physical attractions towards the opposite or same sex.

The book has some extra content which are the five love languages by Gary Chapman, MBTI, MBTI and The five love languages

### DISCLAIMER:

1: By any means the author does not intend to offend any human's feelings/emotions.

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**NOTES:**

**The Subject:** The word "The Subject" in this book is the person in love.

**The Target:** The word "The Target" in this book is the person that the subject seems to love.

The subject may take longer in one stage than other. And that is seemed to be normal.

The Theory is true for everyday events: such as Home, School, Work. The theory might be completely ignored by the subject when in a pub or bar, since most of the time humans go there, is to get drunk or laid

**LET US LEAVE SOME ROOM FOR CURIOSITY**  
**FOR OUR OWN SAKE.**

## **STAGE ONE: IGNORANCE**

In the first stage the subject might ignore their feelings and some of the subjects have shown symptoms of ignoring the target. Sometimes they might even go as far as ignoring the entire existence of the target or their feelings for them. Most have done this because they were afraid of their feelings, rejection, change OR they were somehow feeling forced to keep the relationship same as it was. Regardless of the reasons, the subject ignores though they are aware of their feelings.

## **STAGE TWO: STALKING**

When the subject realizes their ignorance has caused them pain, they will move on and start to stalk the target to know more about them. But this stalking is not dangerous for the target; it's more of a pretty cute stalking. The subject will keep looking at the target every time they get a chance; just to know what the target is doing; they will keep listening to the target; just to know what they are saying. They do all that just to know what the target likes and dislikes. The subject will soon start appearing at places where they think the target may be; and again just to keep looking at the target and to know more about them. They will stalk the target on social media; just to see what they do, who they meet, who they are friends with, and other stuffs. I (personally) would not mind that, because it's harmless; unless the subject is some sort of psychopathic murderer or some weirdo. In that case get the fuck out of the city and get some help.

In summary the subject will try to understand more about the target.

## **STAGE THREE: ACCEPTANCE**

After Realizing that their actions were meaningless and hurtful, the subject will now accept their feelings. But in this stage they will keep it to themselves and

might share with only few close humans. The subject should now feel motivated to approach the target. Approaching process could take few moments in some cases and others few months.

**Note:** Sometimes the subject might accept their feelings first and then stalk the target.

## **STAGE FOUR: FIRST MOVE**

The subject will combine the acquired knowledge based on their observation, will start making the first move. The movement differs from subject to subject. Some might start texting the target, some might greet them or talk to them, and some might even start giving roses / presents. Regardless of the style, the subject chooses it very carefully according to their and the target's best interests.

## **STAGE FIVE: FRIENDSHIP**

After making the first move, the subject's and target's relationship status automatically changes from strangers to Not-Stranger-Anymore but they are still not friends. They will soon start meeting more frequently and chat more often eventually they will become friends but Subject has still not been friend zoned; They still have their chances to evolve their relationship but they should and will try to handle this stage very carefully cause one wrong move they are friend zoned. Hence I recommend making the next move fast.



**KEEP TWO PEOPLE IN THE SAME ROOM FOR LONG  
ENOUGH, EVENTUALLY THEY WILL FUCK**

## STAGE SIX: CONFESSION OR RETREAT

In stage six there are two possible outcomes. Only one can be true.

### 6.1: CONFESSION

Now, the subject confesses their love to the target either through words or any other form. Maybe they would convey their emotions via some sort of subtle hints and stuffs. Anyways their relationship status has still not changed. the target will reply to this confession. It could be a “yes, I do, too” or just a “No” regardless of the answer their relationship status changes tremendously.

**Go on ahead! Do it, human! Least he/she could say is a big fat ‘NO’ and worst “who knows”. Maybe they have a crush on you too.**

### 6.2: RETREAT

Here the subject might get an impression that their love may not be mutual or this relationship might not work so they will have to retreat and decline this thing called love.

**The stage “RETREAT” should not be numbered six, in fact it should not be numbered. Cause the subject can and might retreat in/during any stage.**

## EXTRA CONTENTS

The stages of love have ended and we will not discuss them any further in this book. Now we are going to discuss some extra stuff.

### THE FIVE LANGUAGES OF LOVE BY DR. GARY CHAPMAN

Dr. Gary Chapman came up with five love languages during his couple therapies; He realized that humans show and feel love in five different ways; we will discuss his studies a little here. If you are interested, you can read his book called “The Five Love Languages: How to Express Heartfelt Commitment to Your Mate”

### WORDS OF AFFIRMATION

Some humans show and receive love by word of affirmation. They show and receive love by compliments, words of appreciation, verbal encouragement. These words don't have to be poetries like Shakespeare or songs like Ed Sheeran's, they could be as simple as “I love you” or “You look beautiful”

### QUALITY TIME

Humans with their love language as “Quality time” seem to enjoy spending time with their loved ones. Quality time could be as playing a game together, talking, watching a movie.... The list never ends. In simple word they just want to spend time together.

### PHYSICAL TOUCH

Humans whose love language is “Physical touch” show and feel love in the physical realm of things, it does not have to be hardcore. They just show and feel by love physically; holding hands, kissing, cuddling and feeling their senses could be examples.

### ACT OF SERVICE

People preferring “Act of service” show/ receive love by helping the beloved/ lover. It does not always have to be like building

a literal empire; it could be as simple as making coffee for them or helping them accomplish their goals or fixing their pc.

## GIFTS

Giving or receiving gifts is one of the way to feel or show love. The gift does not have to be super expensive. It could be as simple as flowers, or books. Gifts are just a physical representation of affection. It could even be a rock, as long as it does not hit them hard.

## MBTI

Myers-Briggs Type Indicator is a theory of psychological types described by Carl Gustav Jung. His theory was later used by Katharine Cook Briggs and her daughter Isabel Briggs Myers to make MBTI which is as of today one of most accepted personality typing. It tells how does one perceive the world and make decisions. It assigns four indicators to a person which could be, Introvert(I) or Extrovert(E), Sensing(S) or iNtuition(N), Thinking(T) or Feeling(F), Judging(J) or Perceiving(P); Example, ISTJ or ENFP, the test has 16 types. Let's keep it short, you can read about MBTI in the internet. I hear nowadays you can find anything there.

**FOR OUR SUBJECT, THEIR TARGET IS THE  
SUBJECT, AND THE SUBJECT MUST NEVER BE  
AWARE OF ANY CHANGES.**

## MBTI AND THE FIVE LOVE LANGUAGES

Here we will discuss about MBTI and the five love languages by Gary Chapman and see what their love language most likely will be. By the word “most likely” I mean most of the humans in the listed personality type have shown to show and feel love. I have written two love languages for each personality type. They are most likely to use both or at least one of them(According to my research).

In the pieces of writings below when we discuss about a MBTI and 5 love languages, I mean most of human in the certain type tend to experience the listed argument(s); **Do not mistake ‘most’ as ‘all’ cause that’s stupid.**

### ISTJ (Introverted, Observant, Thinking, and Judging)

#### Acts of Service:

ISTJs are good at expressing their love via acts of services as they enjoy helping their loved ones. As a thinking type they prefer actions over emotions.

#### Gifts:

ISTJs are mostly working behind the curtain type of human, they work themselves out without even saying anything. Gifting them something useful could be a nice way to display your love.

#### Quality Time:

ISTJs also enjoy spending quality time with their loved ones, they might want to watch a movie together or go to some trip, maybe!

## **ISFJ (Introverted, Observant, Feeling, and Judging)**

### **Acts of Service:**

As a feeling type ISFJ might tend to try and ease others around them especially their loved ones by lending them a hand every now and then.

### **Words of Affirmation:**

They might also express themselves by words and they also enjoy some word-play along the way. You might wanna flirt with them to win them over but they should not be false.

## **ISTP (Introverted, Observant, Thinking, and Prospecting)**

### **Physical Touch:**

ISTPs are very private humans and they mostly keep themselves to themselves but when they love someone they would start appearing near their love and during that time they might start to initiate contact. They tend to enjoy using physical senses, specially “touch”. Hence when in love they use this method as a way to show and feel love.

### **Quality Time:**

ISTPs are one of the most alone (Alone does not mean lonely) types and they spend most of their time alone listening to music, reading, going for a walk or something else but when they love, they will find time to spend with their loved ones. They might throw in some subtle hints of their love.

## ISFP (Introverted, Observant, Feeling, and Prospecting)

### Quality Time:

ISFPs love to spend quality time with their love specially when it involves some physical touch. Watching a romantic movie and cuddling could be a good suggestion to show love to an ISFP. Or they might show their love like that!

### Words of Affirmation:

ISFPs love words specially when they are sincere and actually means something. One does not need to say word as deep as Rumi's. it could be just a simple appreciation.

## INTJ (Introverted, Intuitive, Thinking, and Judging)

### Acts of Service:

INTJs prefer to help their love rather than to displaying emotions since they are super private about most of the things; Specially emotions. One might find them fixing their love's computer, helping them understand a topic or something, sometimes even before they ask for being helped, cause INTJs are good at reading people and will know what their partner desires.

### Quality Time:

INTJs are extremely private, and reserved humans, they would rather stay alone teaching a fish how to swim than to be in meaningless parties/ social events but when an INTJ is in love they tend to prefer spending time with their love instead of being alone. One might find them around their loved ones more than before. During that time they might initiate contact.



## **INFJ (Introverted, Intuitive, Feeling, and Judging)**

### **Quality Time:**

INFJs love spending time with their love specially when it is spent focusing on each other and planning for future that they would later do with their love.

### **Physical Touch**

INFJs enjoy physical affections; they also show and feel love physically alongside spending time but only with their loved ones. They don't like touching others or being touched. God forbid if a stranger touches or hugs them.

## **INTP (Introverted, Intuitive, Thinking, and Prospecting)**

### **Words of Affirmation**

INTPs can be a tough one to crack but once they have been then sit back and listen to them share their hobbies, thoughts and what not. First, one might need to open up to them to make them talk.

### **Acts of Service**

INTPs mostly can be found helping the ones they love. Helping them can be a nice way to express one's emotions to them but don't over do it, they might feel they owe others too much. Just let the flow do the things

## **INFP (Introverted, Intuitive, Feeling, and Prospecting)**

### **Quality Time**

INFPs love it when their love spends time with them (A lot of time). Discussing things or admiring them would be a good thing along the way or maybe a simple trip or something.

## **Words of Affirmation**

As most introverts INFPs are not talkative, but INFPs do love when people open up and speak to them. They love talking to ones they love, about almost anything. Whether it's flirting, planning, or just about some game, they will love it.

## **ESTP (Extraverted, Observant, Thinking, and Prospecting) Gifts**

ESTPs show their love by giving gifts every now and then to their love and they also enjoy receiving surprise gifts as gifts are a physical representation of love.

## **Physical Touch**

ESTPs love it when their partner gets touchy and cuddly.

## **Words of Affirmation**

ESTPs love talking specially flirting with someone they love. Finding them flirting their love is normal for them and is a way to display love.

## **ESFP (Extraverted, Observant, Feeling, and Prospecting) ACTS of SERVICE**

ESFPs enjoy helping their love out doing chores, home works or something else. They just wanna make the life of their beloved easier and so they could spend more time with them.

## **PHYSICAL TOUCH**

Be physically affectionate, playful and tickling is one of the ways they feel and show love to their partner. They tend to enjoy it more when their love starts it.

## **ESTJ (Extraverted, Observant, Thinking, and Judging)**

### **Words of Affirmation**

ESTJs love it when their love expresses “How much they love them”. That is like positive reinforcement, they might need that to feel loved.

### **Physical Touch**

ESTJs love to use their senses to feel and show love. They might initiate physical touches as to show their love to others and will feel loved if their love get physical.

## **ESFJ (Extraverted, Observant, Feeling, and Judging)**

### **Physical Touch**

ESFJs usually love physical affection from their partner. It is also important for them to get physical to show love.

### **Acts of service**

Helping their love is with their stuffs is one of the ways ENFJs show their love. They work hard to keep their partner at ease.

## **ENTP (Extraverted, Intuitive, thinking, and Prospecting)**

### **Quality Time**

ENTPs love spending time with their partner. Maybe discussing about a topic, watching a movie or planning a trip

### **Words of Affirmation**

Most ENTPs love discussing and talking, they will mostly show their affection by words of affirmation.

## **ENFP (Extraverted, Intuitive, Feeling, and Prospecting)**

### **Physical Touch**

ENFPs love physical affection specially when it is from their partner but they also hate being touched by strangers or humans they barely know.

### **Words of Affirmation**

ENFPs love some positive reinforcement from their partner and they might also give of some beautiful words.

## **ENTJ (Extraverted, Intuitive, Thinking, and Judging)**

### **Words of Affirmation**

ENTJs love it when their partner express their feelings and desires without any filter. They should be sincere; not fake. They would enjoy it but if they see any fakeness, God save the poor soul.

### **Quality Time**

ENTJs are go getters, they are mostly busy doing something. If they love someone they will make time for their love no matter what and they will also love when their partner takes time out of their schedule, meet them and spend some good time together

## **ENFJ (Extraverted, Intuitive, Feeling, and Judging)**

### **Quality Time**

ENFJs love spending time with their love, specially when they are planning something together or helping each other accomplish their life goals during that time.

### **Physical Touch**

ENFJs also show and feel love by physical affection, if their partner loves that too. One might find them touching and cuddling everytime

**LOVE IS A LIE CREATED BY CONDOM COMPANIES.**