



The Sixth Language of Love: Don't Be a Burden

Jeffrey P. Restuccio

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I'm known for thinking "out of the box" and, in this case, out of the five love languages box. After reading *The Five Love Languages* by Gary Chapman and sharing and discussing the content with loved ones, friends, and total strangers, one night I realized there was yet a sixth language of love. It's very simple yet profound:

Don't be a burden.

Take care of yourself, not just for yourself, but for your loved ones.

It should take less than an hour to read this book but the concept will remain with you for a lifetime—and it could make a profound difference one day.

I wrote this book as I watched my parents, in their mid 80's, care for one another. My mother was taking care of my father, who, after an active life, at the age of 81, suffered a series of setbacks from two heart surgeries and several minor strokes resulting in early dementia and limited mobility. He is now totally dependent on my mother and no longer able to drive, hunt, fish, garden, or do any of the activities he enjoyed his entire life.

How many of us, in our twenties, thirties, or forties, can really imagine what life will be like when we are much, much older? We can't. For one, few know what it will be like because you generally don't see it; it is not particularly interesting when one is home or bed-bound. We don't want to be reminded of a future when our sight or hearing fails us, our short-term memory is gone, we gasp for air from emphysema, or walking from the bedroom to the bathroom is a chore.

In addition, if you stay together, you must accept and understand that one of you will be caring for the other. In other words, rarely do two people age exactly in the same manner. The healthier one will be taking care of the other as long as they possibly can.

With that in mind, I introduce another way to show someone you love them. I consider it one of the highest expressions of love, similar but very different from agape love. I call it *The Sixth Language of Love: Don't be a Burden*.

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