

THE NEW LOVE LANGUAGES™

Book Club Guide

EVERYTHING YOU NEED TO HOST A WARM, HONEST CONVERSATION ABOUT LOVE

For readers hosting friends, circles, and communities

Based on the book by Joan Nwosu

Welcome, Host

Thank you for bringing this book to your people. A book club built around The New Love Languages becomes something a little more than a book club. It becomes a room where readers look honestly at how they love and leave seeing themselves more clearly.

You do not need to be an expert to host it. You need curiosity and a willingness to hold space. This guide gives you the rest: a plain-language overview of the framework, ten strong discussion questions, a simple way to structure your meetings, and a few notes on keeping the conversation warm and safe.

Read the short overview below so you feel grounded in the framework. Then use whichever discussion questions and meeting plan fit your group. Everything here is a starting point, so trust your own read of the room over any script.

The Ten Love Gates in Brief

The book explores ten Human Design Love Gates through a relationship-focused lens. Each gate is presented through shadow and gift archetypes that readers can use for reflection. These archetypes describe possible expressions of a theme. They do not define a person or establish a fixed outcome.

Within Human Design source terminology, four of the Love Gates are Transcendent. Gates 10, 15, 25, and 46 explore love through themes related to self, humanity, spirit, and the body.

Six are described as Mundane Love Gates. Gates 28, 40, 41, 44, 55, and 58 explore themes that may arise within close, personal, or romantic bonds.

Members can generate a free Love Gates Report at newlovelanguages.com/start before the first meeting. The report shows which of the ten Love Gates are activated in the chart generated from their birth details. This creates a useful starting point for reflection without limiting anyone to a label.

Human Design context. The Love Gates describe archetypal relationship themes. They do not determine personal Authority or replace Strategy and Authority in decision-making.

Setting the Tone

The gates open people up quickly, so a few small choices at the start keep the conversation nourishing for everyone.

Hold it gently, not clinically

The shadow and gift language offers a mirror for reflection. Let members recognize themes for themselves rather than assigning gates to each other. Keep the conversation grounded in shared honesty and leave diagnosis or fixing outside the room.

No advice-giving unless invited

When someone shares a pattern, the kindest response is often a nod, not a solution. Encourage the group to witness each other rather than coach each other.

What is said here stays here

Name confidentiality out loud at the first meeting. People go deeper when they trust the room.

There are no wrong answers

A member may recognize a theme whether or not it is activated in their chart. Use the book as a reflective resource while keeping chart facts distinct from personal resonance.

Ten Discussion Questions

One question for each gate. Use them in whatever order suits your reading schedule. Each one is written to help members recognize the shadow without shame, and feel the gift as something reachable.

Gate 10 Identity & Self-Love

Shadow: *The Validation Addict* **Gift:** *The Sovereign Self*

Ask the room. *Where in your relationships have you waited for someone else to prove you are worth loving?*

Gate 15 Compassion & Acceptance

Shadow: *The Compassionate Tyrant* **Gift:** *The Compassionate Architect*

Ask the room. *Whose rhythm have you quietly labeled as wrong, simply because it moves differently than yours?*

Gate 25 Universal Love

Shadow: *The Innocent Bypasser* **Gift:** *The Wise Vessel*

Ask the room. *Think of a moment when love invited a grounded response from you. What did the situation actually require, and how did you respond?*

Gate 46 Embodied Presence

Shadow: *The Serendipity Addict* **Gift:** *The Embodied Adventurer*

Ask the room. *What do you notice in your body when you feel present in a relationship, and how can that awareness support reflection without replacing your Strategy and Authority?*

Gate 40 Devotion & Worth

Shadow: *The Resentful Provider* **Gift:** *The Devoted Provider*

Ask the room. *Bring to mind something you give often in a relationship. What helps you notice whether the exchange is sustainable and freely chosen?*

Gate 55 Emotional Depth

Shadow: *The Emotional Storm* **Gift:** *The Emotional Master*

Ask the room. *Recall a time strong emotion changed how a connection looked to you. What became clearer after the emotion had time to move?*

Gate 28 Purposeful Love

Shadow: *The Struggle Addict* **Gift:** *The Purpose Architect*

Ask the room. Name a struggle in your relationship history. What meaning did you assign to it, and what did it reveal about the purpose you were seeking?

Gate 44 Recognition

Shadow: *The Status Seeker* **Gift:** *The Precise Visionary*

Ask the room. What familiar relationship pattern have you recognized only in hindsight? What signs could help you notice it earlier next time?

Gate 41 Yearning

Shadow: *The Fantasy Chaser* **Gift:** *The Dream Realist*

Ask the room. Picture the person actually in front of you. What becomes clearer when you return from imagined potential to present evidence?

Gate 58 Perfecting Love

Shadow: *The Chief Improvement Officer* **Gift:** *The Refinement Guru*

Ask the room. Recall feedback you offered a partner. What helped you decide whether it was invited, useful, and grounded in care?

How to Run Your Meetings

Two simple structures. Use the single-session flow for a one-time gathering, or the multi-meeting arc to move through all ten gates across a season.

A Single Gathering (90 minutes)

Time	What Happens
10 min	Welcome. Share the confidentiality note and one warm opening question. What drew you to this book?
15 min	Members share the Love Gate themes that resonate most, using their reports or the book while keeping chart facts and personal recognition distinct.
45 min	Move through three or four discussion questions as a group. Let each one breathe before moving on.
15 min	Reflection round. Each member shares one thing they are taking with them.
5 min	Close warmly. Point anyone curious toward the Companion Suite at newlovelanguages.com/start .

A Multi-Meeting Arc (4 to 5 sessions)

Group the ten gates across four or five gatherings. The Transcendent gates and the Mundane gates form two natural arcs if you would like a longer season together.

Session	Gates	Focus
One	10, 15	Self-love and acceptance. How we show up before a relationship even begins.
Two	25, 46	Universal love and embodied presence. Noticing what is present while preserving Strategy and Authority.
Three	40, 55	Devotion and emotional depth. Exploring sustainable exchange and allowing emotion time to move.
Four	28, 44	Purpose and recognition. What we are really choosing when we choose a partner.
Five	41, 58	Yearning and refinement. Loving the real person in front of us.

Keep Going Together

If your group wants to take the conversation into practice, the full Companion Suite is organized in reading order at newlovelanguages.com/start.

- Love Gates Report (free). Shows which Love Gates are activated in the chart generated from each member's birth details. A useful first assignment before the group meets.
- Love Gates Quick Guide. An at-a-glance reference to all ten gates, their shadow and gift archetypes, and simple pivot practices.
- Singles and Couples Workbooks. Guided companions that turn each chapter into lived practice, one gate at a time. Wonderful for members who want to go deeper between meetings.
- Gates Connection Tool. Offers a reflective view of how two Love Gates charts interact for members exploring a specific relationship dynamic.
- JoanAI. An interactive reflection tool for members who want support processing a Love Gate theme between meetings.

However your circle uses it, thank you for making room for this conversation. Rooms like yours are where the work becomes real.