

THE NEW LOVE LANGUAGES™

Practitioner & Facilitator Guide

A RESPONSIBLE-USE GUIDE FOR COACHES, FACILITATORS, MATCHMAKERS, AND RELATIONSHIP PROFESSIONALS

Based on the book by Joan Nwosu

Relationship Strategist • Author • Pioneer of Relationship Intelligence

This guide is not a certification, license, or Human Design training program. It supports reflective conversations using material from the book within the practitioner's existing scope of practice.

1. Introduction to the Methodology

The New Love Languages applies ten Human Design Love Gates to love and relationships through Joan Nwosu's reflective framework. The Love Gates originate within Human Design source teachings. This guide supports responsible application of the book and does not confer certification in Human Design.

Within the book, each gate is explored through shadow and gift archetypes. These archetypes offer language for possible expressions of a theme. They do not define a person, establish causation, or predict an 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.

The free Love Gates Report at newlovelanguages.com/start shows which of the ten gates are activated in a chart generated from client-supplied birth data. Invite clients to generate and review their own report, then choose what they want to bring into the conversation.

Human Design context. A Love Gate activation describes an archetypal relationship theme. Gate activation alone does not confer Human Design Authority or replace Strategy and Authority in decision-making.

How the book should be used. The New Love Languages can be read for recognition and revisited for practice. Clients may begin with the activated gates in their report while remaining free to explore any theme that resonates. Use the framework to support reflection, experimentation, and client-led choice.

2. How Coaches Can Use the Book

One-to-one coaching

Offer the Love Gates Report as optional preparation. When clients choose to share their activated gates, the shadow and gift archetypes can provide useful vocabulary for exploring recurring themes. A session might open with, "Which Love Gate theme felt present for you this week?" Let the client's language and lived experience lead.

Group conversations

The shadow and gift archetypes are memorable and easy to discuss in a room. Groups tend to relax around the language quickly, because naming a pattern as a Fantasy Chaser or a Chief Improvement Officer feels less exposing than naming it as a personal flaw.

Book clubs

The book's chapter structure, one gate at a time, maps directly onto a multi-session book club format. Each meeting can take on one to three gates using the discussion prompts in Section 3.

Workshops

A single workshop can introduce the framework, invite participants to review their own reports, and facilitate one shadow-to-gift reflection in real time. See the ninety-minute outline in Section 4.

3. Ten Discussion Prompts

One prompt for each gate. Use these as session openers, journal assignments, or group discussion starters. Each prompt is built to make the shadow feel recognizable without shame and the gift feel reachable without pressure.

A client does not need every Love Gate to be activated in their chart to find a prompt useful. Begin with the report when available and keep chart facts distinct from personal resonance. Any prompt may be used as a general reflection question without assigning an unactivated gate as part of the client's design.

Use each prompt as an opening. Listen for language that may resonate with shadow and gift themes, then ask the client what they recognize. Reflect their own words and preserve their authority over the meaning they make.

Gate 10 Identity & Self-Love

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

Coaching prompt. *Where in your relationships are you still waiting for someone else's proof that you are worth loving?*

Gate 15 Compassion & Acceptance

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

Coaching prompt. *Whose rhythm in your life 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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *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*

Coaching prompt. *Recall feedback you offered a partner. What helped you decide whether it was invited, useful, and grounded in care?*

4. Three Simple Session Outlines

60-Minute One-to-One Client Session

Time	Segment	What Happens
5 min	Grounding and check-in	Open with presence. Ask what has shifted since the last conversation.
15 min	Identify the gate	Review the client's Love Gates Report, or revisit a gate already identified. Name the shadow and gift archetype together.
20 min	Explore the prompt	Use the matching discussion prompt from Section 3. Let the client talk. Reflect the pattern back without pronouncing on it.
15 min	Shadow-to-gift pivot	Locate the specific moment of choice between the shadow and the gift. Practice naming it out loud.
5 min	Integration	Agree on one specific, manageable experiment the client chooses to practice before the next session.

This format works well as a recurring weekly or biweekly structure. Revisit themes as new situations bring old patterns back to the surface, and agree on a specific experiment the client wants to practice before the next session.

90-Minute Group Session

Time	Segment	What Happens
10 min	Welcome and framing	Introduce the Love Gates framework used in the book. Explain its Human Design source and reflective purpose.
20 min	Identify gates	Participants review reports they generated themselves, then choose which activated or resonant themes they want to explore.
30 min	Paired or small-group discussion	Rotate through two or three discussion prompts in pairs or trios. Keep pairs changing to widen perspective.
20 min	Group reflection circle	Invite volunteers to share one recognition from the discussion. Hold the room with warmth, not analysis.
10 min	Closing pivot practice	Guide the group through one shared pivot practice from the book, preserving each participant's Strategy, Authority, and choice.

This outline is designed for a small group. With a larger group, allow more time for paired discussion and use voluntary sharing so participants retain choice over what becomes public.

Book Club Discussion

Segment	What Happens
Opening question	What did you notice about yourself while reading this section? No right answer required.
Chapter discussion	Work through the discussion prompts for the gate or gates covered in that meeting's reading.
Shadow and gift sharing	Invite members to share where they recognized the shadow archetype, and where they have already tasted the gift.
Closing reflection	End with one sentence each. "This week, I am choosing to notice..."

A typical book club runs the ten gates across four to five meetings, grouping two to three related gates per session. The Transcendent gates (10, 15, 25, 46) and the Mundane gates pair naturally as two separate arcs if you prefer a longer series.

5. Facilitating the REAL Attraction Pyramid™

The REAL Attraction Pyramid™ maps three distinct relationship dimensions. Chemistry asks what pulls two people together. Compatibility asks how they function together. Conscious Alignment asks where they are going together. The dimensions hold equal status and may be strong in any pattern. Strength in one dimension does not establish strength in another.

Place Self-Alignment correctly

Self-Alignment sits outside the pyramid and provides personal context for interpreting the three dimensions. It is not a relationship score. Greater Self-Alignment can support clearer discernment while preserving agency.

Facilitate each dimension separately

Invite clients to consider each question on its own: What is present in the pull? How do we function in daily life? Can our chosen directions coexist? Use the answers as relationship information. Behaviour, readiness, communication, and conscious choice shape what is lived.

Preserve conscious choice

Conscious Choice is the human act of deciding how to respond after relationship information has been interpreted through Self-Alignment and Discernment. It may shape pace, communication, boundaries, commitment, continued exploration, or departure.

Use dimension language

The pyramid does not rank relationships or guarantee outcomes. Use dimension language throughout. Avoid level, summit, foundation, goal, and progression language when facilitating the model.

6. Frequently Asked Questions

What if a client does not know their Love Gates yet?

Send them to newlovelanguages.com/start before the session. Exact birth time is strongly preferred because chart activations can change. If the time is unknown, do not present an approximate chart as definitive. The prompts may still be used reflectively without assigning gates as chart facts.

What if a client resists the Human Design language?

Begin with the archetypal pattern and disclose that the Love Gates come from Human Design. Invite the client to decide whether the language is useful, then keep the conversation grounded in their lived experience.

What if a client identifies with a gate that is not technically theirs?

Acknowledge the resonance while maintaining chart accuracy. A theme can be useful reflectively even when it is not activated in the client's chart. Name that distinction clearly and avoid turning personal identification into a chart fact.

What if two clients in a couple session have gates in tension?

When different Love Gate themes create friction, invite each client to describe their lived experience and choices. The Gates Connection Tool may offer a reflective lens on how two charts interact. It does not determine compatibility, assign blame, or predict an outcome.

How much Human Design knowledge do I need to use this guide well?

The book is sufficient for facilitating its reflective prompts within your existing professional scope. Full-chart analysis, interpretation of Strategy and Authority, or services presented as Human Design readings require appropriate Human Design training.

7. Responsible-Use Guidance

This framework is a mirror, not a verdict. It is built to support recognition, reflection, and self-honoring choice. Please hold these boundaries in every setting where you bring this work to clients or groups.

Hold the gates as patterns, not fixed outcomes

A gate activation describes potential and an archetypal theme. It does not determine behaviour, destiny, or relationship outcome. Use the framework to support reflection while allowing behaviour and conscious choice to remain primary.

Never predict

Do not use a client's gates or a couple's combined gates to predict whether a relationship will succeed. The framework may offer language for exploring themes in play. It does not establish causes or forecast outcomes.

Never diagnose

Shadow archetype language describes a pattern, not a clinical condition. If a client's pattern points toward something that may need clinical support, refer out to a licensed therapist or counselor rather than working the pattern further inside a coaching container.

Invite client-led recognition

Present shadow and gift archetypes as invitations for the client's own recognition. Ask what resonates, respect what does not, and avoid assigning a shadow state to a client as fact.

Stay inside your scope

This guide supports use of the book as a reflective conversation resource. Work within your credentials and refer out whenever a client's needs exceed your professional scope.

Protect consent and birth data

Invite clients to generate their own report at newlovelanguages.com/start. Avoid collecting or storing birth data unless it is necessary, consented to, and handled under your privacy practices. Let clients decide what they share.

8. Next-Step Resources

Direct clients and group participants to the Companion Suite at newlovelanguages.com/start. The tools are organized there in the intended reading order.

- Love Gates Report (free). Shows which Love Gates are activated in the chart generated from client-supplied birth details. Clients should generate and review their own report.
- Love Gates Quick Guide. An at-a-glance reference to all ten gates, their shadow and gift archetypes, and pivot practices.
- Singles and Couples Workbooks. Guided companions that help readers apply each chapter through personal reflection and practice.
- Gates Connection Tool. Offers a reflective view of how two Love Gates charts interact. It does not determine compatibility or predict outcomes.
- JoanAI. An interactive reflection tool clients may choose to use between sessions. It supports reflection and does not replace professional judgment or care.
- joannwosu.com. Joan Nwosu's author platform and home for Relationship Intelligence thought leadership and speaking information.