



**Stephen Chen, PhD**  
**Associate Professor of Psychology**

*Show or tell? Languages of Love in Asian American Families*

**Post-lecture Discussion Guide**

1. Growing up, did your family have any unique ways of expressing care and affection? How and why do you think your family developed these norms?
2. Some families say “I love you” often, while others rarely say it at all. What do you think are the pros and cons of each norm?
3. Today’s talk provided examples of Asian American parents expressing affection through “training” – setting and enforcing expectations for children’s behaviors, and even criticizing children when their behaviors fell short of these expectations. What are the potential risks and benefits of expressing affection in this way?
4. Is there pressure for Asian American parents to adapt certain norms of parental affection? To what extent are forms of parental care like “training” stigmatized in mainstream U.S. culture?

5. For those with experiences in multilingual families, have you observed any patterns between emotions and language choice? For example, are family members more likely to express affection in one language rather than another? Why do you think this is the case?
  
6. Today's talk provided an example where parental affection was "lost in translation". What are ways of bridging the gap between parents and children who have different ways of expressing and receiving love?