

THE FIVE LOVE LANGUAGES

*This material is adapted from Dr. Gary Chapman's *The 5 Love Languages*. For more information, visit www.5lovelanguages.com.

For each pair of the following statements, circle the one that best fits you within your relationships.

1. I like to receive encouraging or affirming notes. A
I like to be hugged. E
2. I like to spend one-on-one time with a person who is special to me. B
I feel loved when someone gives me practical help. D
3. I like it when people give me gifts. C
I like leisurely visits with friends and loved ones. B
4. I feel loved when people do things to help me. D
I feel loved when people give me a reassuring hand shake or hug. E
5. I feel loved when someone I love or admire puts their arm around me. E
I feel loved when I receive a gift from someone I admire or love. C
6. I like to go places with friends or loved ones. B
I like to high-five or hold hands with people who are special to me. E
7. Visible symbols of love (such as gifts) are important to me. C
I feel loved when people affirm me. A
8. I like to sit close to people I enjoy being around. E
I like it when people tell me I'm attractive/handsome. A
9. I like to spend time with friends and loved ones. B
I like to receive gifts from friends and loved ones. C
10. Words of acceptance are important to me. A
I know someone loves me when he or she helps me. D
11. I like being together and doing things with friends and loved ones. B

- I like it when kind words are spoken to me. A
12. What someone does affects me more than what they say. D
Hugs make me feel connected and valued. E
13. I value praise and try to avoid criticism. A
Several small gifts mean more to me than one large gift. C
14. I feel close to someone when we are talking or doing something together. B
I feel closer to friends and loved ones when we hug or shake hands. E
15. I like for people to compliment my achievements. A
I know people love me when they do things for me they don't enjoy doing. D
16. I like physical touch from friends and loved ones when I'm around them. E
I like when people listen to me and show genuine interest in what I'm saying. B
17. I feel loved when friends and loved ones help me with jobs or projects. D
I really enjoy receiving gifts from friends and loved ones. C
18. I like for people to compliment my appearance. A
I feel loved when people take time to understand my feelings. B
19. I feel secure when a special person is physically close to me. E
Acts of service make me feel loved. D
20. I appreciate the many things that special people do for me. D
I like receiving gifts that special people make for me. C
21. I really enjoy the feeling I get when someone gives me undivided attention. B
I really enjoy the feeling I get when someone does an act of service for me. D
22. I feel loved when a person celebrates my birthday with a gift. C
I feel loved when a person celebrates my birthday with meaningful words. A
23. I know a person is thinking of me when they give me a gift. C
I feel loved when a person helps me with my chores or tasks. D

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| 24. I appreciate it when someone listens patiently and doesn't interrupt me. | B |
| I appreciate it when someone remembers special days with a gift. | C |
| 25. I like knowing loved ones are concerned enough to help with my daily tasks. | D |
| I enjoy extended trips with someone who is special to me. | B |
| 26. I don't mind physical affection from friends I am close to. | E |
| Receiving a gift given for no special reason excites me. | C |
| 27. I like to be told that I am appreciated. | A |
| I like for a person to look at me when we are talking. | B |
| 28. Gifts from a friend or loved one are always special to me. | C |
| I feel good when a friend or loved one hugs or touches me. | E |
| 29. I feel loved when a person enthusiastically does some task I have requested. | D |
| I feel loved when I am told how much I am appreciated. | A |
| 30. I need physical contact with people every day. | E |
| I need words of encouragement and affirmation every day. | A |

TOTALS:

A: _____ B: _____ C: _____ D: _____ E: _____

Your highest score is your primary love language.

- A: _____ Words of Affirmation
- B: _____ Quality Time
- C: _____ Receiving Gifts
- D: _____ Acts of Service
- E: _____ Physical Touch

The Five Love Languages

Words of Affirmation

One of your deepest needs is the need to feel appreciated. Verbal compliments, words of appreciation and encouragement are all ways to show love to you.

Quality Time

You enjoy doing things TOGETHER. This doesn't mean just sitting in front of the TV together, but really giving each other undivided attention. This means looking at each other, talking to each other and sharing your life.

Receiving Gifts

You are happy to receive things from your loved ones. They don't have to be expensive. The gift is a symbol of "they care about me" and "they think of me."

Acts of Service

For you, actions speak louder than words. You prefer people to do things for you (i.e. cook a meal, give a massage, run an errand). You like others to initiate acts of service and put effort into doing them to show that they care.

Physical Touch

You love to hold hands or receive a hug, kiss or pat on the back. For you, physical touch can be ten times as powerful and comforting as any words.