



The Five Love Languages Assessment

Discover How You Give And Receive Love

Different people with different personalities express love in different ways. Therefore, if you want to give and receive love most effectively, you've got to learn to speak the right language. The following assessment will help you determine when you feel the most loved by other people, and how you naturally show love to others.

Of the two choices, circle the letter of the option you most prefer and fits you best currently.

1. I like to receive notes of affirmation. A
I like to be hugged. E
2. I like to spend one-on-one time with people who are close 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 touch me. E
5. I feel loved when someone I love or admire puts his or her arm around me. E
I feel loved when I receive a gift from someone I love or admire. C
6. I like to go places with friends and loved ones. B
I like to high-five or hold hands with people who are special to me. E
7. Visible symbols of love (gifts) are very important to me. C
I feel loved when people affirm me. E
8. I like to sit close to people whom I enjoy being around. E
I like for people to tell me I am beautiful/handsome. A
9. I like to spend time with friends and loved ones. B
I like to receive little 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 he or she says. 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 they touch me often. E
15. I like for people to compliment my achievements. A
I know people love me when they do things for me that they don't enjoy doing. D
16. I like to be touched as friends and loved ones walk by. E
I like it when people listen to me and show genuine interest in what I am 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 touching 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 helps me make decisions. 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 he or she gives me a gift.* C
I feel loved when a person helps with my chores. D
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 enjoy kissing or being kissed by people with whom I am close.* E
I enjoy receiving a gift for no special reason. 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 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 needed. A
30. *I need to be touched every day.* E
I need words of encouragement daily. A

Count the number of A's, B's, C's, D's and E's you have circled, and record them below:

Totals: A: B: C: D: E:

What is your "love language"?

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch



The Five Love Languages: A Summary

Words of Affirmation:

Your self-image and confidence are built through compliments and verbal praise. To feel encouraged, you require the other person to empathize and see the world from your perspective. You feel loved when people know what is important to you. Tone of voice is very important.

Quality Time:

Being together, doing things together and focusing in on one another is the best way to show love. If this is your love language, you want your friend or spouse to give you undivided attention and do meaningful activities with you. This includes quality conversation.

Receiving Gifts:

They don't have to be expensive to send a powerful message of love. They can be purchased, found, or made. Spouses who forget a birthday or anniversary or who never give gifts to someone who truly enjoys gift-giving will find themselves with a spouse who feels neglected and unloved. This would include the gift of your presence during a crisis.

Acts of Service:

Loving someone whose language is "acts of service" will require time and creativity. These acts of service need to be done with joy in order to be perceived as a gift of love. Possible examples: cleaning someone's house, running an errand or favor, doing tasks without being asked.

Physical Touch

Meaningful touch. Some examples might include hugs, shoulder massages, leaning against the other person, etc.

