

Getting started: Each box has two statements. Read each pair and choose the one that better reflects your preference. In some pairs, both might be true, choose which is most like you and circle that letter. When you have finished count how many A,B,C, D and E's you have circled. Write your scores at the end of the sheet to find out your love language.

B. I like to receive notes of affirmation.
A. I like to receive hugs.

E. I like to spend time with family and friends.
C. I like to receive little gifts from family and friends.

E. I like to spend time with people one to one.
D. I like it when people help me.

D. I know someone loves me when he/she helps me.
B. Words of acceptance are important to me.

C. I like receiving gifts.
E. I like taking long walks with someone close to me.

E. I like being with others when I do things.
B. I like to receive affirming words and texts.

D. I feel loved when someone helps me.
A. I feel loved when I am hugged.

A. I like to be hugged.
D. What someone does affects me more than what someone says.

A. I feel loved when someone close to me puts an arm around me.
C. I feel loved when I receive a gift from someone.

B. I value praise and try to avoid criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.

E. I like to go places with someone close to me.
A. I like to hold hands with someone close to me.

A. Hugs make me feel connected and valued.
B. I feel close to someone when we are talking or doing something together.

B. I feel loved when people affirm me.
C. Gifts are symbols of love that are important to me.

B. I like it when people compliment my achievements.
D. I know people love me when they do things for me that they don't enjoy doing.

A. I like to sit close to someone I care about.
B. I like it when someone close to me tells me that I am attractive.

A. I like to be greeted with a hug.
E. I like it when people listen to me and show interest in what I am saying.

Don't Forget to Let Love in!

C. I really enjoy receiving gifts from my friends and family.
D. I feel loved when I am helped with jobs or projects.

B. I enjoy when people compliment my appearance.
E. I feel loved when people take the time to understand my feelings.

A. I feel secure when someone close to me is touching me.
D. Acts of service make me feel loved.

D. I appreciate the many little things people do for me.
C. I value gifts that people make for me.

E. I really enjoy the experience of one to one attention.
D. I really enjoy when someone does some act of service for me.

D. I feel loved when someone helps me with chores.
C. I know someone is thinking of me when they give me a gift.

C. For my birthday, I feel loved when I receive a gift.
B. For my birthday, I feel loved when someone speaks meaningful words to me.

C. I appreciate it when someone remembers special days with a gift.
E. I appreciate it when someone listens patiently and doesn't interrupt me.

E. I enjoy extended trips with people I'm close to.
D. I like to know that someone is concerned enough to help me with my daily tasks.

A. A kiss from a relative makes me feel loved.
C. Receiving a gift for no special reason makes me feel loved.

B. I like to be told that I'm appreciated.
E. I like for people to look at me when we are talking.

C. Gifts from people I am close to are special to me.
A. I feel good when someone I'm close to touches me.

B. I feel loved when I'm told how much I'm appreciated
D. I feel loved when someone enthusiastically does a task I have requested.

A. I need to be touched every day.
B. I need words of affirmation daily.

Turn the page to count up your scores and discover your primary love language.



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How many A's did you circle? _____

A's stand for physical touch. People whose love language is physical touch like to receive hugs, kisses, and high-fives.

How many B's did you circle? _____

B's stand for words of affirmation. People whose love language is words of affirmation like for others to use words to tell them that they are special and that they do a good job.

How many C's did you circle? _____

C's stand for gifts. People with the love language of gifts feel good when someone gives them a special present or surprise to show they are thinking of them.

How many D's did you circle? _____

D's stand for acts of service. A person whose love language is acts of service likes it when others do nice things for them such as helping with chores, helping with school projects, or driving them places.

How many E's did you circle? _____

E's stand for quality time. People with the love language of quality time like it when others do things with them like play a game, watch television, or go on an outing.

Look at your scores. The highest score represents your primary love language - how you most like to receive love. This doesn't mean the others aren't important, it just means that this is your favourite.

Taken from The 5 Love Languages®©1992. By Dr Gary Chapman

