

The 5 Love Languages Assessment

Circle the letter of the option you prefer most of the two choices 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 a person who is special to me. B
I feel loved when someone gives practical help to me. 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 B

- together.
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 D
enjoy doing.
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 B
am saying.
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 B
attention.
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 A
words.
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 B
me.
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 D
tasks.
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

D = Acts of Service

B = Quality Time

E = Physical Touch

C = Receiving Gifts