

Love Languages



	A	B	C	D	E
I like to receive encouraging notes					
I like to be hugged					
I like to spend one-to-one time with a person who is special to me					
I feel loved when someone gives practical help to me					
I like receiving gifts					
I like leisurely visits with friends and loved ones					
I feel loved when people do things to help me					
I feel loved when someone I love puts his or her arm around me					
I feel loved when I receive a gift from someone I love or admire					
I like to go places with friends and loved ones					
I like to high-five with people who are special to me					
I like buying gifts for people					
I feel loved when people affirm me					
I like to sit close to people whom I enjoy being around					
I like it when people pay me compliments					
I like to spend time with friends and loved ones					
I like to receive little gifts from friends and loved ones					
Words of acceptance are important to me					
I know someone loves me when he or she helps me					
I like being together and doing things with friends and loved ones					
I like it when kind words are spoken to me					
What someone does affects me more than what he or she says					
Hugs make me feel connected and valued					
I feel loved when a person enthusiastically does something to help me					
I value praise and try to avoid criticism					
Several small gifts mean more to me than one large gift					
I feel close to someone when we are talking or doing something together					
I feel closer to friends and loved ones when they are tactile					
I like for people to compliment my achievements					
I like physical expressions of friendship					
I feel loved when a person celebrates my birthday with a gift					
I like knowing loved ones are concerned enough to help with my daily tasks					
I know a person is thinking of me when he or she gives me a gift					
I feel loved when a person helps with my chores					
I enjoy extended trips with someone who is special to me					
Summary					
First					
Second					
Third					
Fourth					
Fifth					

Score yourself 0 = not at all, 1= a little bit, 2= some, 3= indifferent, 4= mostly, 5 = absolutely yes

Put your score in the shaded Box opposite the line of the statement and then add up the summary of each column

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Love Languages



A Physical Touch

B Acts of service

C Words of affirmation

D Quality time

E Receiving of gifts/presents