



Love Languages	A	B	C	D	E
I like to receive notes of affirmation					
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 it when people give me 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 or hold hands with people who are special to me					
Visible symbols of love (gifts) are very important to me					
I feel loved when people affirm me					
I like to sit close to people whom I enjoy being around					
I like for people to tell me I am beautiful/handsome					
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 some task I have requested					
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 touch me often					
I like for people to compliment my achievements					
I like to be touched as friends and loves ones walk by					
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

Words of affirmation

Physical Touch

Acts of service

Receiving of gifts/presents

Quality time