

Gary Chapman's Five Love Languages Assessment

Words of Affirmation ♥ Quality Time ♥ Receiving Gifts ♥ Acts of Service ♥ Physical Touch

Which of these is your primary love language? The following profile will help you know for sure. Then you and your partner can discuss your respective love languages and use this information to improve your relationship! The profile consists of 30 pairs of statements. You can only pick one statement in each pair of statements, and then, in the right hand column, circle the letter that matches up with the statement you choose. Pick the statement that sounds *most* appealing of the two. Once you've finished making your selections, go back and count the number of times you circled each individual letter. List the results in the appropriate spaces at the end of the profile. Your primary love language is the one that receives the most points!

1	Receiving love notes from my partner makes me feel good. I love my partner's hugs.	A E
2	I like to be alone with my partner. I feel loved when my partner does a chore around the house for me.	B D
3	Receiving special gifts from my partner makes me happy. I enjoy taking long trips with my partner.	C B
4	I feel loved when my partner helps with my homework. I like it when my partner touches me.	D E
5	I feel loved when my partner puts his/her arms around me. I know my partner loves me when he/she surprises me with gifts.	E C
6	I like going most anywhere with my partner. I love to hold my partner's hand.	B E
7	I value the gifts my partner gives me. I love to hear my partner say he/she loves me.	C A
8	I like for my partner to sit close to me. I like when my partner tells me I look good.	E A
9	Spending time with my partner makes me happy. Even the smallest gift from my partner is important to me.	B C
10	I feel loved when my partner tells me that he/she is proud of me. When my partner helps me clean my room, I know they love me.	A D
11	No matter what we do, I love doing things with my partner. Supportive comments from my partner make me feel good.	B A
12	Little things my partner does for me mean more to me than things he/she say. I love to hug my partner.	D E
13	My partner's praises mean a lot to me. It means a lot to me when my partner gives me gifts I really like.	A C
14	Just being around my partner makes me feel good. I love it when my partner gives me a massage.	B E
15	My partner's positive reactions to my accomplishments are so encouraging. It means a lot to me when my partner helps me with something that I know he/she hates.	A D
16	I never get tired of my partner's kisses. I love that my partner shows real interest in the things I like I do.	E B
17	I can count on my partner to help me with my projects. I still get excited when opening a gift from my partner.	D C

18	I love for my partner to compliment my appearance. I love that my partner listens to me and respects my ideas.	A B
19	I can't help but touch my partner when he/she is close by. My partner sometimes runs errands for me, and I appreciate that.	E D
20	My partner deserves an award for all the things he/she does to help me. I'm sometimes amazed at how thoughtful my partner's gifts to me are.	D C
21	I love having my partner's undivided attention. I love that my partner helps clean my house.	B D
22	I look forward to seeing what my partner gives me for my birthday. I never get tired of hearing my partner tell me that I am important to him/her.	C A
23	My partner lets me know he/she loves me by giving me gifts. My partner shows his/her love by helping me without having to ask.	C D
24	My partner doesn't interrupt me when I am talking, and I like that. I never get tired of receiving gifts from my partner.	B C
25	My partner is good about asking how he/she can help when I am tired. It doesn't matter where we go, I just like going places with my partner.	D B
26	I love cuddling with my partner. E I love surprise gifts from my partner.	E C
27	My partner's encouraging words give me confidence. I love to watch movies with my partner.	A B
28	I couldn't ask for any better gifts than the ones my partner gives me. I love it that my partner can't keep their hands off me.	C E
29	It means a lot to me when my partner helps me despite being busy. It makes me feel really good when my partner tells me that they appreciate me.	D A
30	I love hugging and kissing my partner after we've been apart for a while. I love hearing my partner tell me that they miss me.	E A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

Your primary love language is the one that received the highest score. You are “bilingual” and have two primary love languages if your point totals are equal for any two love languages. If your second highest scoring love language is close in score but not equal to your primary love language, then this simply means that both expressions of love are important to you. The highest possible score for any one love language is 12.

Well what does this all mean and how can this be beneficial to my relationship?

Your partner may express love in certain ways and it is helpful to understand this about him/her. In the same way, it will be helpful for your partner to know your love language and express his/her affection for you in ways that you interpret as love. The payoff to speaking each other's love language is a greater sense of connection. This translates in to better communication, increased understanding, and ultimately, improved romance!

After taking this assessment, how can I apply it to my relationship?

The first step is having your partner take the assessment as well. Once you find out what their primary love language is, follow the following steps:

A. If your partner scored high in Words of Affirmation...

1. Express your love emotionally by using words that “build up,” such as verbal compliments and words of appreciation. The object of love is not getting something you want but doing something for the well-being of the one your love. It is a fact, however, that when we receive affirming words we are far more likely to be motivated to reciprocate.
2. Use words of encouragement. Encouragement requires empathy and seeing the world from your partner’s perspective. We must first learn what is important to our partner!
3. Use words of kindness. If we are to develop an intimate relationship, we need to know each other’s desires. If we wish to love each other, we need to know what the other person wants.

B. If your partner scored high in Quality Time...

1. Practice togetherness. A central aspect of quality time is togetherness. I do not mean proximity... Togetherness has to do with focused attention!
2. Practice quality conversation. This means maintaining eye contact while your partner is talking, don’t listen to your partner and do something else at the same time, listen for feelings, observe body language, and refuse to interrupt.

C. If your partner scored high in Receiving Gifts...

1. Give the gift of “self.” Physical presence in the time of crisis is the most powerful gift you can give if your partner’s primary love language is receiving gifts.
2. Discover the value of “hand made originals.” It is not the amount of money spent, but the thought involved!

D. If your partner scored high in Acts of Service...

1. Remember: requests give direction to love, but demands stop the flow of love.
2. What we do for each other during the beginning of a relationship should be done throughout the relationship’s entirety!

E. If your partner scored high in Physical Touch...

1. Physical touch is a very powerful way for communicating love. Holding hands, kissing, embracing, and giving a massage, and sexual intercourse are all ways of communicating emotional love to one’s partner. All of these things make a partner feel secure in your love.
2. Remember: nothing is more important than embracing your partner during times of crisis!

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