

# The Five Love Languages Quiz

by Dr Gary Chapman

READ EACH PAIR OF STATEMENTS AND CIRCLE THE ONE THAT BEST DESCRIBES YOU.

1. A. I like to receive notes of affirmation from you.  
E. I like it when you hug me.
2. B. I like to spend one on one time with you.  
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.  
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.  
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.  
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.  
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.  
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.  
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.  
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.  
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.  
A. I like the kind words you say to me.
12. E. I feel whole when we hug.  
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.  
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.  
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.  
D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by me.  
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.  
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.  
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.  
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.  
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.  
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.  
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken).
23. D. I feel loved when you help me out with my chores.  
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.  
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.  
D. I like to know that you are concerned enough to help me with my daily tasks.
26. E. Kissing me unexpectedly makes me feel loved.  
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.  
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.  
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.  
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.  
A. I need your words of affirmation daily.

*Continue to the back to discover your Love Language*

## Add Total Number of Each Answer Here:

- A. \_\_\_\_\_ Words of Affirmation   B. \_\_\_\_\_ Quality Time   C. \_\_\_\_\_ Receiving Gifts  
D. \_\_\_\_\_ Acts of Service   E. \_\_\_\_\_ Physical Touch
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### WORDS OF AFFIRMATION

Someone who feels most loved when their partner expresses love with unsolicited kind and honest words. They enjoy hearing the specific qualities that their partner appreciates about them. By contrast, criticism or harsh words from their partner can be quite hurtful.

### QUALITY TIME

Someone who treasures spending time alone with their partner and making cherished memories above all else. This doesn't mean simply watching favorite TV shows together but rather receiving their partner's undivided attention. When their partner postpones time together or fails to give their full attention, it can be especially painful.

### RECEIVING GIFTS

Someone who appreciates the thoughtfulness and sacrifice (however minor) behind gifts. While gifts can range from a handmade trinket to a special item they would never purchase for themselves, they treasure the thoughtfulness and time spent on making or finding the item more than the actual price tag of the gift. If their partner forgets important dates or gives thoughtless gifts, this leaves them feeling unloved.

### ACTS OF SERVICE

Someone who loves a helping hand with practical tasks. Whether it's doing dishes or running an errand, they feel loved when their partner serves them through action. On the other hand, if their partner rests while their to-do lists are a mile long (or if their partner adds to their to-do list) they feel undervalued.

### PHYSICAL TOUCH

Someone who experiences love through expressions of intimacy such as: holding hands, kissing, cuddling together on the couch or a touch on the arm as they walk by. They would rather engage in a kind-hearted embrace than hear their partner cite a list of everything that makes them loveable. When their partner neglects physical contact, they feel less connected.

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