

THE FIVE LOVE LANGUAGES

What makes you feel loved? The Five Love Languages, developed by Gary Chapman, are five ways to express and experience love.

Allow 15-30 minutes to complete the profile. Take it when you're relaxed, and try not to rush through it. Choose one answer for each set of sentences. Once you've made your selections, go back and count the number of times you circled each individual letter. You can list the results in the appropriate spaces at the end of the profile.



1. **A.** Receiving loving notes from my partner makes me feel good.
E. I love my partner's hugs.
2. **B.** I like to be alone with my partner.
D. I feel loved when my partner helps me do my chores.
3. **C.** Receiving special gifts from my partner makes me happy.
B. I enjoy long trips with my partner.
4. **D.** I feel loved when my partner shares the responsibility of household chores.
E. I like it when my partner touches me.
5. **E.** I feel loved when my partner puts his/her arm around me
C. I know my partner loves me because he/she surprises me with gifts.
6. **B.** I like going most anywhere with my partner.
C. I like to hold my partner's hand.
7. **C.** I value the gifts my partner gives to me.
A. I love to hear my partner say he/she loves me.
8. **E.** I like for my partner to sit close to me.
A. My partner tells me I look good and I like that.
9. **B.** Spending time with my partner makes me happy.
C. Even the smallest gift from my partner is important to me.
10. **A.** I feel loved when my partner tells me he/she is proud of me.
D. When my partner cooks a meal for me, I know that he/she loves me.
11. **B.** No matter what we do, I love doing things with my partner.
A. Supportive comments from my partner make me feel good.
12. **D.** Little things my partner does for me mean more to me than things he/she says.
E. I love to hug my partner.
13. **A.** My partner's praise means a lot to me.
C. It means a lot to me that my partner gives me gifts I really like.
14. **B.** Just being around my partner makes me feel good.
E. I love it when my partner gives me a massage.
15. **A.** My partner's reactions to my accomplishments are so encouraging.
D. It means a lot to me when my partner helps me with something I know he/she hates.
16. **E.** I never get tired of my partner's kisses.
B. I love that my partner shows real interest in things I like to do.
17. **D.** I can count on my partner to help me with projects.
C. I still get excited when opening a gift from my partner.
18. **A.** I love for my partner to compliment my appearance.
B. I love that my partner listens to me and respects my ideas without judgment or criticism.
19. **E.** I can't help but touch my partner when he/she is close by.
D. My partner sometimes runs errands for me, and I appreciate that.

- 20. **D.** My partner deserves an award for all the things he/she does to help me.
- C.** I'm sometimes amazed at how thoughtful my partner's gifts to me are.
- 21. **B.** I love having my partner's undivided attention.
- D.** Keeping the house clean is an important act of service for both partners.
- 22. **C.** I look forward to seeing what my partner gives me or my birthday.
- A.** I never get tired of hearing my partner tell me that I am important to him/her.
- 23. **C.** My partner lets me know he/she loves me by giving me gifts.
- D.** My partner shows their love by helping me catch up on projects around the house.
- 24. **B.** My partner doesn't interrupt me when I am talking; I like that.
- C.** I never get tired of receiving gifts from my partner.

- 25. **D.** My partner can tell when I'm tired, and he/she is good about asking how he/she can help.
- B.** It doesn't matter where we go; I just like going places with my partner.
- 26. **E.** I love having sex with my partner.
- C.** I love surprise gifts from my partner.
- 27. **A.** My partner's encouraging words give me confidence.
- B.** I love to watch movies with my partner.
- 28. **C.** I couldn't ask for any better gifts than the ones my partner gives me.
- E.** I just can't keep my hands off my partner.
- 29. **D.** It means a lot to me when my partner helps me despite having other things to do.
- A.** It makes me feel really good when my partner tells me he/she appreciates me.
- 30. **E.** I love hugging and kissing my partner after we've been apart for a while.
- A.** I love hearing my partner tell me that he/she believes in me.

PROFILE SCORE

Take a moment to tally the number of times you circled each individual letter and write the number in the appropriate space provided.

| A Words of Affirmation | B Quality of Time | C Receiving Gifts | D Acts of Service | E Physical Touch |
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INTERPRETING AND USING YOUR PROFILE SCORE

Your primary love language is the one that received the highest score. You are “bilingual” and have two primary love languages if 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.

You may have scored certain love languages more highly than others, but do not dismiss those other languages as insignificant. Your partner may express love in those ways, and it will be helpful to you to understand this about them.

In the same way, it will benefit your partner to know your love language and express their affection for you in many ways that you interpret as love. Every time you or your partner speaks each other's language, you score emotional points with one another. Of course, this isn't a game with a scorecard! The payoff of speaking each other's love language is a greater sense of connection. This translates into better communication, increased understanding and ultimately, improved romance.

If your partner has not already done so, encourage them to take The Five Love Languages Profile. Discuss your respective love languages and use this insight to improve your relationship!

For more information, visit: www.5lovelanguages.com