



The Five Love Languages

Love Languages

The five love languages describe five ways that people receive and express love in a relationship. These are words of affirmation, quality time, physical touch, acts of service, and receiving gifts. Knowing your partner's love language and letting them know yours is a way to help you both feel loved and appreciated.

#1: Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, *I love you* are important. Hearing the reason behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

Words of affirmation are verbal expressions of care and affection. For example, *Thanks for putting the kids to bed* or *You looked really nice today*. Typically, the less generic and more specific the words, the more meaningful they feel to the recipient. Conversely, insults can be particularly upsetting to people who favor words of affirmation.

#2: Quality Time

For those whose love language is spoken with quality time, nothing says *I love you*, like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

Quality time is a part of every relationship—but people who experience this as a love language will feel the benefits more keenly and crave time where both people are present without distraction. Quality time constitutes engaging in an activity together, particularly one you both enjoy, like a walk after dinner or getting a couples massage. If this is your love language, having a distracted or distant partner that makes you feel unseen or unheard is the biggest pitfall.

#3: Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture

shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous; so would the absence of everyday gestures.

Receiving Gifts can be tangible and intangible items that make you feel appreciated or noticed. Going to your partner's concert, for example, is as much a gift as flowers or that new bedspread they want. To individuals who favor this love language, the absence of everyday gestures or a missed special occasion are particularly hurtful.

#4: Acts of Service

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an *Acts of Service* person will speak volumes. The words he or she most want to hear are *Let me do that for you*. Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

Acts of service may be doing something helpful or kind for your partner. Think: Getting up with the baby in the middle of the night or doing the dishes so your partner can relax. For someone who favors acts of service, ambivalence or a lack of support are more damaging than anything else.

#5: Physical Touch

This language isn't all about the bedroom. A person whose primary language is physical touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Physical touch can include physical expressions of love, whether sexual or more platonic, such as holding hands, a back scratch, a hug, a kiss, or intercourse. The absence of such can leave these individuals feeling isolated in a relationship.

The Five Love Languages Quiz

Select the one you prefer most of your two options, the one that fits the best right now. Check the letter of the option you most prefer.

1.	I like to receive notes of affirmation.	<input type="checkbox"/> A
	I like to be hugged.	<input type="checkbox"/> E
2.	I like to spend one-on-one time with a person who is special to me.	<input type="checkbox"/> B
	I feel loved when someone gives practical help to me.	<input type="checkbox"/> D
3.	I like it when people give me gifts.	<input type="checkbox"/> C
	I like leisurely visits with friends and loved ones.	<input type="checkbox"/> B
4.	I feel loved when people do things to help me.	<input type="checkbox"/> D
	I feel loved when people touch me.	<input type="checkbox"/> E
5.	I feel loved when someone I love or admire puts his or her arm around me.	<input type="checkbox"/> E
	I feel loved when I receive a gift from someone I love or admire.	<input type="checkbox"/> C
6.	I like to go places with friends and loved ones.	<input type="checkbox"/> B
	I like to high-five or hold hands with people who are special to me.	<input type="checkbox"/> E
7.	Visible symbols of love (gifts) are very important to me.	<input type="checkbox"/> C
	I feel loved when people affirm me.	<input type="checkbox"/> E
8.	I like to sit close to people whom I enjoy being around.	<input type="checkbox"/> E
	I like for people to tell me I am beautiful/handsome.	<input type="checkbox"/> A
9.	I like to spend time with friends and loved ones.	<input type="checkbox"/> B
	I like to receive little gifts from friends and loved ones.	<input type="checkbox"/> C
10.	Words of acceptance are important to me.	<input type="checkbox"/> A
	I know someone loves me when he or she helps me.	<input type="checkbox"/> D
11.	I like being together and doing things with friends and loved ones.	<input type="checkbox"/> B
	I like it when kind words are spoken to me.	<input type="checkbox"/> A
12.	What someone does affects me more than what he or she says.	<input type="checkbox"/> D
	Hugs make me feel connected and valued.	<input type="checkbox"/> E
13.	I value praise and try to avoid criticism.	<input type="checkbox"/> A
	Several small gifts mean more to me than one large gift.	<input type="checkbox"/> C

14.	I feel close to someone when we are talking or doing something together.	<input type="checkbox"/> B
	I feel closer to friends and loved ones when they touch me often.	<input type="checkbox"/> E
15.	I like for people to compliment my achievements.	<input type="checkbox"/> A
	I know people love me when they do things for me that they don't enjoy doing.	<input type="checkbox"/> D
16.	I like to be touched as friends and loved ones walk by.	<input type="checkbox"/> E
	I like it when people listen to me and show genuine interest in what I am saying.	<input type="checkbox"/> B
17.	I feel loved when friends and loved ones help me with jobs or projects.	<input type="checkbox"/> D
	I really enjoy receiving gifts from friends and loved ones.	<input type="checkbox"/> C
18.	I like for people to compliment my appearance.	<input type="checkbox"/> A
	I feel loved when people take time to understand my feelings.	<input type="checkbox"/> B
19.	I feel secure when a special person is touching me.	<input type="checkbox"/> E
	Acts of service make me feel loved.	<input type="checkbox"/> D
20.	I appreciate the many things that special people do for me.	<input type="checkbox"/> D
	I like receiving gifts that special people make for me.	<input type="checkbox"/> C
21.	I really enjoy the feeling I get when someone gives me undivided attention.	<input type="checkbox"/> B
	I really enjoy the feeling I get when someone helps me make decisions.	<input type="checkbox"/> D
22.	I feel loved when a person celebrates my birthday with a gift.	<input type="checkbox"/> C
	I feel loved when a person celebrates my birthday with meaningful words.	<input type="checkbox"/> A
23.	I know a person is thinking of me when he or she gives me a gift.	<input type="checkbox"/> C
	I feel loved when a person helps with my chores.	<input type="checkbox"/> D
24.	I appreciate it when someone listens patiently and doesn't interrupt me.	<input type="checkbox"/> B
	I appreciate it when someone remembers special days with a gift.	<input type="checkbox"/> C
25.	I like knowing loved ones are concerned enough to help with my daily tasks.	<input type="checkbox"/> D
	I enjoy extended trips with someone who is special to me.	<input type="checkbox"/> B
		<input type="checkbox"/> E

26.	I enjoy kissing or being kissed by people with whom I am close.	
	I enjoy receiving a gift given for no special reason.	<input type="checkbox"/> C
27.	I like to be told that I am appreciated.	<input type="checkbox"/> A
	I like for a person to look at me when we are talking.	<input type="checkbox"/> B
28.	Gifts from a friend or loved one are always special to me.	<input type="checkbox"/> C
	I feel good when a friend or loved one touches me.	<input type="checkbox"/> E
29.	I feel loved when a person enthusiastically does some task I have requested.	<input type="checkbox"/> D
	I feel loved when I am told how much I am needed.	<input type="checkbox"/> A
30.	I need to be touched every day.	<input type="checkbox"/> E
	I need words of encouragement daily.	<input type="checkbox"/> A

Gary Chapman (1992)

Totals: A: B: C: D: E:

Count the number of As, Bs, Cs, Ds, and Es you have checked, and record them below. What is your *love language*?

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

See image below for living out the Five Love Languages at Home.

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

