

Love Languages Assessment

relationship-building exercise

Love languages are the ways people show and receive love. Understanding which love languages are most important to you can help you express your wants and needs more effectively.


Instructions: Rate how important it is for you to receive each love language, where 1 is “not important” and 5 is “very important.” Then, for each love language, give examples of what you most appreciate receiving.

1 not important	2 less important	3 neutral	4 important	5 very important
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 **Acts of service**
(chores, childcare, work)


1 2 3 4 5

Favorite examples:

 **Gifts**
(receiving a gift or thoughtful gesture)


1 2 3 4 5

Favorite examples:

 **Physical touch**
(sexual or non-sexual physical affection)


1 2 3 4 5

Favorite examples:

 **Quality time**
(shared meal, evening walk, undivided attention)

1 2 3 4 5

Favorite examples:

 **Words of affirmation**
(verbal expressions of love and support)

1 2 3 4 5

Favorite examples:

