

The Five Love Languages Test

By Dr. Gary Chapman

Read each pair of statements and circle the one that best describes you.

A. I like to receive notes of affirmation from you.

E. I like it when you hug me.

B. I like to spend one-on-one time with you.

D. I feel loved when you give me practical help.

C. I like it when you give me gifts.

B. I like taking long walks with you.

D. I feel loved when you do things to help me.

E. I feel loved when you hug or touch me.

E. I feel loved when you hold me in your arms.

C. I feel loved when I receive a gift from you.

B. I like to go places with you.

E. I like to hold hands with you.

A. I feel loved when you acknowledge me.

C. Visible symbols of love (gifts) are very important to me.

E. I like to sit close to you.

A. I like it when you tell me that I am attractive

B. I like to spend time with you.

C. I like to receive little gifts from you.

D. I know you love me when you help me.

A. Your words of acceptance are important to me.

B. I like to be together when we do things.

A. I like the kind words you say to me.

E. I feel whole when we hug.

D. What you do affects me more than what you say.

- A. I value your praise and try to avoid your criticism.
- C. Several inexpensive gifts mean more to me than one large expensive gift.
- E. I feel closer to you when you touch me.
- B. I feel close when we are talking or doing something together.
- 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.
- E. I like for you to touch me when you walk by.
- B. I like it when you listen to me sympathetically.
- C. I really enjoy receiving gifts from you.
- D. I feel loved when you help me with my home projects.
- A. I like it when you compliment my appearance.
- B. I feel loved when you take the time to understand my feelings.
- E. I feel secure when you are touching me.
- D. Your acts of service make me feel loved.
- D. I appreciate the many things you do for me.
- C. I like receiving gifts that you make.
- 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.
- 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.)
- 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.
- 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.
- B. I enjoy extended trips with you.
- D. I like to know that you are concerned enough to help me with my daily task.

- A. I like to be told that you appreciate me.
- B. I like for you to look at me when we are talking.
- C. Your gifts are always special to me.
- E. I feel loved when you kiss me.
- 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.
- E. I need to be hugged by you every day.
- A. I need your words of affirmation daily.
- E. Kissing me unexpectedly makes me feel loved.
- C. Giving me a gift for no occasion makes me feel loved.

Add Total Number of Answers Here:

A. ____ Words of Affirmation B. ____ Quality Time
C. ____ Receiving Gifts D. ____ Acts of Service
E. ____ Physical Touch

Words of Affirmation: Expressing love through spoken or written encouragement, praise, and appreciation.

Acts of Service: Demonstrating care by doing helpful tasks that ease another's burden.

Receiving Gifts: Giving thoughtful tokens that symbolize love, presence, and intentionality.

Quality Time: Offering undivided attention and shared experiences to foster connection.

Physical Touch: Communicating affection through hugs, hand-holding, and meaningful contact.