

The 5 Love Languages Profile for Couples – for Him

<i>It's more meaningful to me when...</i>		
1	I receive a loving note/text/email for no special reason from my loved one.	A
	She and I hug.	E
2	I can spend alone time with her – just the two of us.	B
	She does something practical to help me out.	D
3	She gives me a little gift as a token of our love for each other.	C
	I get to spend uninterrupted leisure time with her.	B
4	She unexpectedly does something for me like filling my car or doing the laundry.	D
	She and I touch.	E
5	She puts her arm around me when we're in public.	E
	She surprises me with a gift.	C
6	I'm around her, even if we're not really doing anything.	B
	We hold hands.	E
7	My loved one gives me a gift.	C
	I hear "I love you" from her.	A
8	I sit close to her.	E
	I am complimented by her for no apparent reason.	A
9	I get the chance to just "hang out" with her.	B
	I unexpectedly get small gifts from her.	C
10	I hear her tell me, "I'm proud of you."	A
	She helps me with a task.	D

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11	I get to do things with her.	B
	I hear supportive words from her.	A
12	She does things for me instead of just talking about doing nice things.	D
	I feel connected to her through a hug.	E
13	I hear praise from her.	A
	She gives me something that shows she was really thinking about me.	C
14	I'm able to just be around her.	B
	I get a back rub or massage from her.	E
15	She reacts positively to something I've accomplished.	A
	She does something for me that I know she doesn't particularly enjoy.	D
16	She and I kiss frequently.	E
	I sense she is showing interest in the things I care about.	B
17	My loved one works on special projects with me that I have to complete.	D
	She gives me an exciting gift.	C
18	She compliments me on my appearance.	A
	She takes the time to listen to me and really understand my feelings.	B
19	We share nonsexual touch in public.	E
	She offers to run errands for me.	D
20	She does a bit more than her normal share of the responsibilities we share (around the house, work-related, etc.).	D
	I get a gift that I know she put thought into choosing.	C

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21	She doesn't check her phone while we're talking.	B
	She goes out of her way to do something that relieves pressure on me.	D
22	I can look forward to a holiday because of a gift I anticipate receiving.	C
	I hear the words, "I appreciate you" from her.	A
23	She brings me a little gift after she has been traveling without me.	C
	She takes care of something I'm responsible to do but I feel too stressed to do at the time.	D
24	She doesn't interrupt me while I'm talking.	B
	Gift giving is an important part of our relationship.	C
25	She helps me out when she knows I'm already tired.	D
	I get to go somewhere while spending time with her.	B
26	She and I are physically intimate.	E
	She gives me a little gift that she picked up in the course of her normal day.	C
27	She says something encouraging to me.	A
	I get to spend time in a shared activity or hobby with her.	B
28	She surprises me with a small token of her appreciation.	C
	She and I touch a lot during the normal course of the day.	E
29	She helps me out – especially if I know she's already busy.	D
	I hear her specifically tell me, "I appreciate you."	A
30	She and I embrace after we've been apart for a while.	E
	I hear her say how much I mean to her.	A

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	I hear him say how much I mean to him.	A

The 5 Love Languages Profile for Couples – Interpreting Your Profile Score

Look back through the letters you circled and record the number of responses in the spaces below:

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation B = Quality Time C = Receiving Gifts

D = Acts of Service E = Physical Touch

INTERPRETING YOUR PROFILE SCORE

The highest score indicates your primary love language (the highest score is 12). It's not uncommon to have two high scores, although one language does have a slight edge for most people. That just means two languages are important to you.

The lower scores indicate those languages you seldom use to communicate love and that probably don't affect you very much on an emotional level.

IMPORTANT TO REMEMBER

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

In the same way, it will benefit your spouse or significant other to know *your* primary love language in order to best express affection for you in ways that you interpret as love. Every time you or he/she speaks each other's language, you score emotional points with each other. 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.

Ask your partner for their response scores, and list below for comparison:

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation B = Quality Time C = Receiving Gifts

D = Acts of Service E = Physical Touch

Discuss your respective love languages, and use this insight to improve your relationship!

The 5 Love Languages Profile for Couples – Interpreting Your Profile Score

The 5 Love Languages - Profiles for Couples

The 5 Love Languages Profile will give you and your spouse or significant other a thorough analysis of your emotional communication preference. It will single out your primary love language, what it means, and how you can use it to connect with your loved one with intimacy and fulfillment.

INSTRUCTIONS:

You will see 30 paired statements. Please select the statement that best defines what is most meaningful to you in your relationship as a couple. Both statements may or may not sound like they fit your situation, but please choose the statement that captures the essence of what is most meaningful to you the majority of the time.

Take about 10 minutes to complete the profile, then tally your results so we can continue with the exercise.