

The Five Love Languages Quiz

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

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| 1. I like to receive notes of affirmation.
I like to be hugged. | A
E |
| 2. I like to spend one-to-one time with a person who is special to me.
I feel loved when someone gives practical help to me. | B
D |
| 3. I like it when people give me gifts.
I like leisurely visits with friends and loved ones. | C
B |
| 4. I feel loved when people do things to help me.
I feel loved when people touch me. | D
E |
| 5. I feel loved when someone I love or admire puts his or her arm around me.
I feel loved when I receive a gift from someone I love or admire. | E
C |
| 6. I like to go places with friends and loved ones.
I like to high-five or hold hands with people who are special to me. | B
E |
| 7. Visible symbols of love (gifts) are very important to me.
I feel loved when people affirm me. | C
E |
| 8. I like to sit close to people whom I enjoy being around.
I like for people to tell me I am beautiful/handsome. | E
A |
| 9. I like to spend time with friends and loved ones.
I like to receive little gifts from friends and loved ones. | B
C |
| 10. Words of acceptance are important to me.
I know someone loves me when he or she helps me. | A
D |
| 11. I like being together and doing things with friends and loved ones.
I like it when kind words are spoken to me. | B
A |
| 12. What someone does affects me more than what he or she says.
Hugs make me feel connected and valued. | D
E |
| 13. I value praise and try to avoid criticism.
Several small gifts mean more to me than one large gift. | A
C |
| 14. I feel close to someone when we are talking or doing something together.
I feel closer to friends and loved ones when they touch me often. | B
E |
| 15. I like for people to compliment my achievements.
I know people love me when they do things for me that they don't enjoy doing. | A
D |
| 16. I like to be touched as friends and loved ones walk by.
I like it when people listen to me and show genuine interest in what I am saying. | E
B |
| 17. I feel loved when friends and loved ones help me with jobs or projects.
I really enjoy receiving gifts from friends and loved ones. | D
C |

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| 18. I like for people to compliment my appearance.
I feel loved when people take time to understand my feelings. | A
B |
| 19. I feel secure when a special person is touching me.
Acts of service make me feel loved. | E
D |
| 20. I appreciate the many things that special people do for me.
I like receiving gifts that special people make for me. | D
C |
| 21. I really enjoy the feeling I get when someone gives me undivided attention.
I really enjoy the feeling I get when someone helps me make decisions. | B
D |
| 22. I feel loved when a person celebrates my birthday with a gift.
I feel loved when a person celebrates my birthday with meaningful words. | C
A |
| 23. I know a person is thinking of me when he or she gives me a gift.
I feel loved when a person helps with my chores. | C
D |
| 24. I appreciate it when someone listens patiently and doesn't interrupt me.
I appreciate it when someone remembers special days with a gift. | B
C |
| 25. I like knowing loved ones are concerned enough to help with my daily tasks.
I enjoy extended trips with someone who is special to me. | D
B |
| 26. I enjoy kissing or being kissed by people with whom I am close.
I enjoy receiving a gift given for no special reason. | E
C |
| 27. I like to be told that I am appreciated.
I like for a person to look at me when we are talking. | A
B |
| 28. Gifts from a friend or loved one are always special to me.
I feel good when a friend or loved one touches me. | C
E |
| 29. I feel loved when a person enthusiastically does some task I have requested.
I feel loved when I am told how much I am needed. | D
A |
| 30. I need to be touched every day.
I need words of encouragement daily. | E
A |

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

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

How to relate to a person with this love language...	COMMUNICATION	ACTION	WHAT TO AVOID
Words of Affirmation	Compliments Affirmations Kind words	Send notes or cards.	Criticism
Quality Time	One-on-one time. Not interrupting. Face-to-face conversation.	Take long walks together. Do things together. Take trips.	Long periods of being apart. More time with friends than with partner.
Receiving Gifts	Positive, fact-oriented information.	Give gifts on special occasions and also on not so special occasions.	Forgetting special days.
Acts of Service	Action words like “I can,” “I will,” “What else can I do?”	Helping with house and yard chores. Repair/maintenance. Acts of kindness.	Ignoring partner’s requests while helping others.
Physical Touch	A lot of non-verbal. Verbal needs to be “word pictures”.	Touches Hugs Pats Kisses	Physical neglect or abuse.