

Discover Your Primary Love Language!

THE FIVE LOVE LANGUAGES PROFILE

Circle the one that is most like you

	A	B	C	D	E
1. I LIKE TO RECEIVE NOTES OF AFFIRMATION FROM YOU..... I LIKE IT WHEN YOU HUG ME.....	X				X
2. I LIKE TO SPEND ONE-TO-ONE TIME WITH YOU..... I FEEL LOVED WHEN YOU GIVE PRACTICAL HELP TO ME.....		X		X	
3. I LIKE IT WHEN YOU GIVE ME GIFTS..... I LIKE TAKING LONG WALKS WITH YOU.....		X	X		
4. I FEEL LOVED WHEN YOU DO THINGS TO HELP ME..... I FEEL LOVED WHEN YOU TOUCH ME.....				X	X
5. I FEEL LOVED WHEN YOU HOLD ME IN YOUR ARMS..... I FEEL LOVED WHEN I RECEIVE A GIFT FROM YOU.....			X		X
6. I LIKE TO GO PLACES WITH YOU..... I LIKE TO HOLD HANDS WITH YOU.....		X			X
7. VISIBLE SYMBOLS OF LOVE (GIFTS) ARE VERY IMPORTANT TO ME..... I FEEL LOVED WHEN YOU AFFIRM ME.....	X		X		
8. I LIKE TO SIT CLOSE TO YOU..... I LIKE FOR YOU TO TELL ME I AM ATTRACTIVE/HANDSOME.....	X				X
9. I LIKE TO SPEND TIME WITH YOU..... I LIKE TO RECEIVE LITTLE GIFTS FROM YOU.....		X	X		
10. YOUR WORDS OF ACCEPTANCE ARE IMPORTANT TO ME..... I KNOW YOU LOVE ME WHEN YOU HELP ME.....	X			X	
11. I LIKE TO BE TOGETHER WHEN WE DO THINGS..... I LIKE THE KINDS WORDS YOU SAY TO ME.....	X	X			
12. WHAT YOU DO AFFECTS ME MORE THAN WHAT YOU SAY..... I FEEL WHOLE WHEN WE HUG.....				X	X
13. I VALUE YOUR PRAISE AND TRY TO AVOID YOUR CRITICISM..... SEVERAL INEXPENSIVE GIFTS FROM YOU MEAN MORE TO ME THAN ONE LARGE GIFT.....	X		X		
14. I FEEL CLOSE WHEN WE ARE TALKING OF DOING SOMETHING TOGETHER..... I FEEL CLOSER TO YOU WHEN YOU TOUCH ME OFTEN.....		X			X
15. I LIKE FOR YOU TO COMPLIMENT MY ACHIEVEMENTS..... I KNOW YOU LOVE ME WHEN YOU DO THINGS FOR ME THAT YOU DON'T ENJOY DOING.....	X			X	
16. I LIKE FOR YOU TO TOUCH ME WHEN YOU WALK BY..... I LIKE IT WHEN YOU LISTEN TO ME SYMPATHETICALLY.....		X			X
17. I FEEL LOVED WHEN YOU HELP ME WITH MY JOBS AROUND THE HOUSE..... I REALLY ENJOY RECEIVING GIFTS FROM YOU.....			X	X	
18. I LIKE FOR YOU TO COMPLIMENT MY APPEARANCE..... I FEEL LOVED WHEN YOU TAKE TIME TO UNDERSTAND MY FEELINGS.....	X	X			

	A	B	C	D	E
19. I FEEL SECURE WHEN YOU ARE TOUCHING ME..... YOUR ACTS OF SERVICE MAKE ME FEEL LOVED.....				X	X
20. I APPRECIATE THE MANY THINGS YOU DO FOR ME..... I LIKE RECEIVING GIFTS THAT YOU MAKE.....			X	X	
21. I REALLY ENJOY THE FEELING I GET WHEN YOU GIVE ME YOUR UNDIVIDED ATTENTION..... I REALLY ENJOY THE FEELING I GET WHEN YOU DO SOME ACT OF SERVICE FOR ME.....		X		X	
22. I FEEL LOVED WHEN YOU CELEBRATE MY BIRTHDAY WITH A GIFT..... I FEEL LOVED WHEN YOU CELEBRATE MY BIRTHDAY WITH MEANINGFUL WORDS (WRITTEN OR SPOKEN).....	X		X		
23. I KNOW YOU ARE THINKING OF ME WHEN YOU GIVE ME A GIFT. I FEEL LOVED WHEN YOU HELP OUT WITH MY CHORES.....			X	X	
24. I APPRECIATE IT WHEN YOU LISTEN PATIENTLY AND DON'T INTERRUPT ME..... I APPRECIATE IT WHEN YOU REMEMBER SPECIAL DAYS WITH A GIFT.....		X	X		
25. I LIKE TO KNOW YOU ARE CONCERNED ENOUGH TO HELP WITH MY DAILY TASKS..... I ENJOY EXTENDED TRIPS WITH YOU.....		X		X	
26. KISSING ME UNEXPECTEDLY EXCITES ME..... GIVING ME A GIFT FOR NO SPECIAL OCCASION EXCITES ME....			X		X
27. I LIKE TO BE TOLD THAT YOU APPRECIATE ME..... I LIKE FOR YOU TO LOOK AT ME WHEN WE ARE TALKING.....	X	X			
28. YOUR GIFTS ARE ALWAYS SPECIAL TO ME..... I FEEL GOOD WHEN YOU ARE TOUCHING ME.....			X		X
29. I FEEL LOVED WHEN YOU ENTHUSIASTICALLY DO SOME TASK I HAVE REQUESTED..... I FEEL LOVED WHEN YOU TELL ME HOW MUCH YOU APPRECIATE ME.....	X			X	
30. I NEED TO BE TOUCHED EVERY DAY..... I NEED YOUR WORDS OF AFFIRMATION DAILY.....	X				X
TOTAL EACH COLUMN (ALL 5 COLUMNS SHOULD EQUAL 30)					
	A	B	C	D	E

A = WORDS OF AFFIRMATION
 B = QUALITY TIME
 C = RECEIVING GIFTS
 D = ACTS OF SERVICE
 E = PHYSICAL TOUCH

What is my primary love language is?

List the other 4 love languages in the order of preference:

2 _____ 4 _____

3 _____ 5 _____