

The Five Languages of Love

A person's love language is the form in which he or she prefers to receive love and attention. After 30 years of marriage counseling, Dr. Gary Chapman is convinced there are five languages of love. Each person uses all the languages, but really thrives on one or two. The better a romantic couple can each speak their partner's language, the stronger their emotional love life will be.

Below is an assessment that will help you discover *your* love language. Read each of the following 30 pairs of statements with this question in mind: *Which of these more strongly feels like love from my partner?* You may enjoy both expressions of love, but if you could have only one, which would you choose? **Circle one "x" on each set of statements.** For example, if you feel that "I like to receive notes of affirmation" describes you better than "I like it when you hug me," draw a circle around the "X" in the first statement:

I like to receive notes of affirmation	(X)	
I like it when you hug me		X

Languages of Love - Personal Assessment

	A	B	C	D	E
I like to receive notes of affirmation from you	X				
I like it when you hug me					X
I like to spend one-on-one time with you		X			
I feel loved when you give practical help to me				X	
I like it when you give me gifts			X		
I like taking long walks with you		X			
I feel loved when you do things to help me				X	
I feel loved when you touch me					X
I feel loved when you hold me in your arms					X
I feel loved when I receive a gift from you			X		
I like to go places with you		X			
I like to hold hands with you					X
Visible symbols of love (gifts) are very important to me			X		
I feel loved when you say nice things to me	X				
I like to sit close to you					X
I like for you to tell me that I am attractive/handsome	X				
I like to spend time with you		X			
I like to receive little gifts from you			X		
Your words of acceptance are important to me	X				
I know you love me when you help me				X	
I like to be together when we do things		X			
I like the kind words you say to me	X				
What you do affects me more than what you say				X	
I feel whole when we hug					X
I value your praise and try to avoid your criticism	X				
Several inexpensive gifts from you mean more to me than one large gift			X		

	A	B	C	D	E
I feel close when we are talking or doing something together		X			
I feel closer to you when you touch me often					X
I like for you to compliment my achievements		X			
I know you love me when you do things for me that you don't enjoy doing					X
I like for you to touch me when you walk by					X
I like it when you listen to me sympathetically		X			
I feel loved when you help me with my jobs around the house				X	
I really enjoy receiving gifts from you			X		
I like for you to compliment my appearance	X				
I feel loved when you take time to understand my feelings		X			
I feel secure when you are touching me					X
Your acts of service make me feel loved				X	
I appreciate the many things you do for me				X	
I like receiving gifts that you make			X		
I really enjoy the feeling I get when you give me your undivided attention		X			
I really enjoy the feeling I get when you do some act of service for me				X	
I feel loved when you celebrate my birthday with a gift			X		
I feel loved when you celebrate my birthday with meaningful words (written or spoken)	X				
I know you are thinking of me when you give me a gift			X		
I feel loved when you help out with my chores				X	
I appreciate when you listen patiently and don't interrupt me		X			
I appreciate it when you remember special days with a gift			X		
I like to know you are concerned enough to help with my daily tasks				X	
I enjoy extended trips with you		X			
Kissing me unexpectedly excites me					X
Giving me a gift for no special occasion excites me			X		
I like to be told that you appreciate me	X				
I like for you to look at me when we are talking		X			
Your gifts are always special to me			X		
I feel good when you are touching me					X
I feel loved when you enthusiastically do some task I have requested				X	
I feel loved when you tell me how much you appreciate me	X				
I need to be touched every day					X
I need your words of affirmation daily	X				
Total the circles in each column (5 totals should add up to 30; highest score for any single column is 12)	A	B	C	D	E

This assessment was developed by Jim Toole in cooperation with Gary Chapman

The highest scores indicate one's strongest love languages.

Column A is the **Language of Words** - someone with a high score in Column A thrives on words of affirmation and appreciation.

Column B is the **Language of Quality Time** - someone high in this column needs time with the partner to feel loved -- time when the two are focused on each other.

Column C is the **Language of Gifts**.

Column D is the **Language of Service**.

Column E is the **Language of Touch**.