

Transfer totals from the columns for your assessment and your partner's assessment.

	your scores	partner's scores
A Words of Affirmation	_____	_____
B Quality Time	_____	_____
C Receiving Gifts	_____	_____
D Acts of Service	_____	_____
E Physical Touch	_____	_____

Using this Assessment to Build your Relationship

The main value of this assessment is what it reveals about how you can love your partner.

Note your partner's high scores. The better you speak the other's love language, the more they feel loved. Conversely, if you don't speak to them in that love language, the other may feel and act like you don't love them. Their love meter can stay on empty no matter how hard you work at showing love by the other languages.

Someone moved by the language of **Words** needs to hear words of appreciation, words of encouragement, words that build up. "You look nice in that outfit." "Thanks for taking out the trash. I really appreciate all the hard work you do."

When spending time with a loved one, someone who prefers the language of **Quality Time** longs for the other to focus all his or her energy on a shared activity or conversation. The important thing is the two of you are focused on each other. Talking with one's spouse while watching sports or while being distracted by children is *not* quality time. This person thrives on undivided attention.

One who speaks the language of **Gifts** is likely to treasure any visual symbol of love as an expression of devotion. The gifts don't need to be expensive; this person responds well to even little remembrances -- a flower picked on the way home, a pretty card, something handmade, just so it is from their loved one. People who speak this love language often feel that a lack of gifts represents a lack of love from their partner.

For someone who speaks the language of **Service**, a partner doing simple chores around the house can be a powerful expression of love and devotion. Acts of service include: washing the car, walking the dog, changing the baby, or whatever needs doing. Two important notes: the partner must learn what acts of service are most appreciated and also do those acts out of a heart of kindness and not obligation.

A person strong in the area of **Touch** feels the most loved when they receive physical contact. Touch has many dialects, and it is important that the partner learn the touches that this person likes. They can be big acts, such as back massages or lovemaking, or little acts such as touches on the cheek or a hand on the shoulder. In a crisis situation, this person would much rather have a loved one hold them and be silent than offer any advice.

Note your lowest scores. Those signal possible blind spots. Since those languages don't mean much to you, you may be unaware of how meaningful they are to your partner.

Note your highest scores. You will naturally be more aware of these areas. And when you express love or request it from your partner, most often it will be this form.

What do you do if your partner seldom expresses one of your strong love languages? It's important to communicate that this language would meet your deepest need for emotional love. The key is to *ask* but not *demand*. Have your requests come across as information, not as nagging or criticizing. Love is a choice and cannot be coerced. In fact, demands stop the flow of love and can make your partner feel like he or she is being treated as an object.

Note any mismatch between you and your partner's scores. Is there a love language that rates *low for you but high for your partner*? If so, be deliberate about choosing to use such a language regularly.

Is there a language that rates *high for you but low for your partner*? If so, try to fight against your tendency to demonstrate love in your own love language instead of one that is high for your partner. For example, suppose Chris likes acts of service and so uses this language to demonstrate love. These gestures of love may not make a partner feel loved whose language is quality time.

This mismatch between love languages can cause conflict and hurt feelings in a relationship as people are not feeling appreciated for the good things they are doing for their partners and the partners are simultaneously feeling not appropriately loved. Be sure to give love in the main love languages of the person you care about, and also express your preferences to him or her.

Love Language Review

<i>How to relate to a person with this love language...</i>	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. Repairs, 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.