

Love Languages Quiz

Name: _____ Date: _____

In order to find your love language, choose the statement that best applies to you for each number below. Most likely both will apply, but pick the one that matters more:

1

- I like to receive praise for something I did.
- I like to be hugged.

2

- I like to spend one-on-one time with a person who is special to me
- I feel loved when someone gives practical help to me.

3

- I like it when people give me souvenirs from their vacation.
- I like leisurely visits with friends and loved ones.

4

- I feel loved when people do things to help me.
- I feel loved when people touch me, e.g., hand hold, hand on the shoulder etc.-- platonic or not.

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.

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.

7

- Visible, physical symbols of love are very important to me, i.e., friendship bracelets, cards, flowers, clothes, stuff.
- I feel loved when people tell me I'm awesome and brilliant.

8

- I like to sit close to people whom I enjoy being around.
- I like for people to compliment my appearance.

9

- I like to spend time with friends and loved ones.
- I like to receive little gifts from friends and loved ones.

10

- Words of acceptance are important to me.
- I know someone cares for me when he or she helps me do something.

11

- I know a person is thinking of me when he or she gives me something.
- I like it when kind words are spoken to me.

12

- What someone does affects me more than what he or she says.
- Hugs make me feel connected and valued.

13

- I value praise and try to avoid criticism.
- Several small gifts mean more to me than one large gift.

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 (don't think dirty)

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.

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.

17

- I feel loved when friends and loved ones help me with jobs or projects.
- I would rather get a thoughtful gift from someone than money for Christmas/Channukah/other holiday with gifts involved.

18

- I like for people to tell me they care about me.
- I feel loved when people take time to understand my feelings.

19

- I feel secure when a special person is touching me.
- Acts of service make me feel loved.

20

- I appreciate the many things that special people do for me.
- I like receiving things gifts that were hand-made for me.

21.

- I really enjoy the feeling I get when someone gives me undivided attention.
- I really enjoy the feeling I get when someone does some act of service for me, e.g., wash the dishes, helps you move, opens a pickle jar

22

- I feel loved when a person celebrates my birthday with a present.
- I feel loved when a person celebrates my birthday with meaningful words.

23

- I like being together and doing things with friends and loved ones.
- I feel loved when a person helps with my chores.

24

- I appreciate it when someone listens patiently and doesn't interrupt me.
- I appreciate it when someone remembers special days with a gift.

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.

26

- I enjoy kissing or being kissed by people with whom I am close.
- Receiving a gift given for no special reason makes me happy.

27

- I like to be told that I am appreciated.
- I like for a person to look at me when we are talking.

28

- I feel loved when I am told how much I am appreciated.
- I feel good when a friend or loved one touches me.

29

- I feel loved when a person enthusiastically does some task I have requested.
- Gifts from a friend or loved one are always special to me.

30

- I need to be touched every day.
- I need words of affirmation daily.

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SCORING

The first statement for each number above is 'A.' The second statement for each number above is 'B.' Look at the chart below to determine your A vs. B answers for each numbered question. The one with the highest number of responses is your Love Language:

Words of Affirmation	Quality Time	Receiving Gifts	Acts of Service	Physical Touch
----1A	----2A	----3A	----2B	----1B
----7B	----3B	----5B	----4A	----4B
----8B	----6A	----7A	----10B	----5A
----10A	----9A	----9B	----12A	----6B
----11B	----14A	----11A	----15B	----8A
----13A	----16B	----13B	----17A	----12B
----15A	----18B	----17B	----19B	----14B
----18A	----21A	----20B	----20A	----16A
----22B	----23A	----22A	----21B	----19A
----27A	----24A	----24B	----23B	----26A
----28A	----25B	----26B	----25A	----28B
----30B	----27B	----29B	----29A	----30A
_____ TOTAL	_____ TOTAL	_____ TOTAL	_____ TOTAL	_____ TOTAL

MY PRIMARY LOVE LANGUAGE IS:

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

MY SECONDARY LOVE LANGUAGE IS:

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

NOTES:
