

# 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.

# Love Languages Quiz

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 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:

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