

The Five Love Languages

Parents: What is your Profile?



Directions: Pick only one statement in each pair as the one that best represents your desire. Circle the letter that matches up with the statement you choose.

1. My partner's love notes make me feel good. A
I love my partner's hugs. E
2. I like to be alone with my partner. B
I feel loved when my partner helps me do yard work. D
3. Receiving special gifts from my partner makes me happy. C
I enjoy long trips with my partner. B
4. I feel loved when my partner does my laundry. D
I like it when my partner touches me. E
5. I feel loved when my partner puts his/her arm around me. E
I know my partner loves me because he/she surprises me with gifts. C
6. I like going most anywhere with my partner. B
I like to hold my partner's hand. E
7. I value the gifts my partner gives to me. C
I love to hear my partner say he/she loves me. A

Source: "The Five Love Languages" by Gary Chapman

8. I like for my partner to sit close to me. E
 My partner tells me I look good, and I like that. A
9. Spending time with my partner makes me happy. B
 Even the smallest gift from my partner is important to me. C
10. I feel loved when my partner tells me he/she is proud of me. A
 When my partner cooks a meal for me, I know that he/she loves me. D
11. No matter what we do, I love doing things with my partner. B
 Supportive comments from my partner make me feel good. A
12. Little things my partner does for me mean more to me than things he/she says. D
 I love to hug my partner. E
13. My partner's praise means a lot to me. A
 It means a lot to me that my partner gives me gifts I really like. C
14. Just being around my partner makes me feel good. B
 I love it when my partner rubs my back. E
15. My partner's reactions to my accomplishments are so encouraging. A
 It means a lot to me when my partner helps with something I know he/she hates. D
16. I never get tired of my partner's kisses. E
 I love that my partner shows real interest in things I like to do. B
17. I can count on my partner to help me with projects. D
 I still get excited when opening a gift from my partner. C

Source: "The Five Love Languages" by Gary Chapman



18. I love for my partner to compliment my appearance. A
 I love that my partner listens to my ideas and doesn't rush to judge or criticize. B
19. I can't help but touch my partner when he/she is close by. E
 My partner sometimes runs errands for me, and I appreciate that. D
20. My partner deserves an award for all the things he/she does to help me. D
 I'm sometimes amazed at how thoughtful my partner's gifts to me are. C
21. I love having my partner's undivided attention. B
 Keeping the house clean is an important act of service. D
22. I look forward to seeing what my partner gives me for my birthday. C
 I never get tired of hearing my partner tell me that I am important to him/her. A
23. My partner lets me know he/she loves me by giving me gifts. C
 My partner shows his/her love by helping me catch up on projects around the house. D
24. My partner doesn't interrupt me when I am talking, and I like that. B
 I never get tired of receiving gifts from my partner. C
25. My partner can tell when I am tired and is good about asking how he/she can help. D
 It doesn't matter where we go, I just like going places with my partner. B
26. I love having sex with my partner. E
 I love surprise gifts from my partner. C

Source: "The Five Love Languages" by Gary Chapman



27. My partner's encouraging words give my confidence. A
 I love to watch movies with my partner. B
28. I couldn't ask for any better gifts than the ones my partner gives me. C
 I just can't keep my hands off my partner. E
29. It means a lot to me when my partner helps me despite having other things to do. D
 It makes me feel really good when my partner tells me he/she appreciates me. A
30. I love hugging and kissing my partner after we've been apart for awhile. E
 I love hearing my partner tell me that he/she believes in me. A

A: _____ B: _____ C: _____ D: _____ E: _____

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|--------------------------|--------------------|---------------------|
| A = Words of Affirmation | B = Quality Time | C = Receiving Gifts |
| D = Acts of Service | E = Physical Touch | |

Your primary love language is the one that received the highest score. You are "bilingual" and have two primary love languages if point totals are equal for any two love languages. If your second highest scoring love languages is close in score but not equal to your primary love language, then this means that both expressions of love are important to you. The highest possible score for any love language is 12.



Source: "The Five Love Languages" by Gary Chapman