**The Five Love Languages Test**

**By Dr. Gary Chapman**

**Read each pair of statements and circle the one that best describes you.**

1. A. I like to receive notes of affirmation from you.

E. I like it when you hug me.

2. B. I like to spend one-on-one time with you.

D. I feel loved when you give me practical help.

3. C. I like it when you give me gifts.

B. I like taking long walks with you.

4. D. I feel loved when you do things to help me.

E. I feel loved when you hug or touch me.

5. E. I feel loved when you hold me in your arms.

C. I feel loved when I receive a gift from you.

6. B. I like to go places with you.

E. I like to hold hands with you.

7. A. I feel loved when you acknowledge me.

C. Visible symbols of love (gifts) are very important to me.

8. E. I like to sit close to you.

A. I like it when you tell me that I am attractive.

9. B. I like to spend time with you.

C. I like to receive little gifts from you.

10. D. I know you love me when you help me.

A. Your words of acceptance are important to me.

11. B. I like to be together when we do things.

A. I like the kind words you say to me.

12. E. I feel whole when we hug.

D. What you do affects me more than what you say.

13. A. I value your praise and try to avoid your criticism.

C. Several inexpensive gifts mean more to me than one large expensive gift.

14. E. I feel closer to you when you touch me.

B. I feel close when we are talking or doing something together.

15. A. I like you to compliment my achievements.

D. I know you love me when you do things for me that you don’t enjoy doing. TURN OVER

16. E. I like for you to touch me when you walk by.

B. I like when you listen to me sympathetically.

17. C. I really enjoy receiving gifts from you.

D. I feel loved when you help me with my home projects.

18. A. I like when you compliment my appearance.

B. I feel loved when you take the time to understand my feelings.

19. E. I feel secure when you are touching me.

D. Your acts of service make me feel loved.

20. D. I appreciate the many things you do for me.

C. I like receiving gifts that you make.

21. B. I really enjoy the feeling I get when you give me your undivided attention.

D. I really enjoy the feeling I get when you do some act of service for me.

22. C. I feel loved when you celebrate my birthday with a gift.

A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)

23. D. I feel loved when you help me out with my chores.

C. I know you are thinking of me when you give me a gift.

24. C. I appreciate it when you remember special days with a gift.

B. I appreciate it when you listen patiently and don’t interrupt me.

25. B. I enjoy extended trips with you.

D. I like to know that you are concerned enough to help me with my daily task.

26. E. Kissing me unexpectedly makes me feel loved.

C. Giving me a gift for no occasion makes me feel loved.

27. A. I like to be told that you appreciate me.

B. I like for you to look at me when we are talking.

28. C. Your gifts are always special to me.

E. I feel loved when you kiss me.

29. A. I feel loved when you tell me how much you appreciate me.

D. I feel loved when you enthusiastically do a task I have requested.

30. E. I need to be hugged by you every day.

A. I need your words of affirmation daily.

**Add Total Number of Answers Here:**

**A. \_\_\_\_ Words of Affirmation B. \_\_\_\_ Quality Time C. \_\_\_\_Receiving Gifts D. \_\_\_\_ Acts of Service E. \_\_\_\_Physical Touch**