

love languages test

This test was adapted from **The Five Love Languages: How to Express Heartfelt Commitment to Your Mate** by Gary Chapman.

Instructions: There will be two statements beside each number in the list below. Select the statement that best describes how you feel towards your spouse.

- 1: I like it when you give me notes of affirmation.
 I like it when you hug me.

- 2: I like to spend one-on-one time with you.
 I feel loved when you give practical help to me.

- 3: I like it when you give me gifts.
 I like taking long walks with you.

- 4: I feel loved when you do things to help me.
 I feel loved when you touch me.

- 5: I feel loved when you hold me in your arms.
 I feel loved when I receive a gift from you.

- 6: I like to go places with you.
 I like to hold hands with you.

- 7: Visible symbols of love (gifts) are very important to me.
 I feel loved when you affirm me.

- 8: I like to sit close to you.
 I like for you to tell me I am attractive/handsome.

- 9: I like to spend time with you.
 I like to receive little gifts from you.

- 10: Your words of acceptance are important to me.
 I know you love me when you help me.

- 11: I like to be together when we do things.
 I like it when you say kind words to me.

- 12: What you do affects me more than what you say.
 I feel whole when we hug.

- 13: I value your praise and try to avoid your criticism.
Several inexpensive gifts from you mean more to me than one large gift.
- 14: I feel close when we are talking or doing something together.
I feel closer to you when you touch me often.
- 15: I like it when you compliment my achievements.
I know you love me when you do things for me that you don't enjoy doing.
- 16: I like for you to touch me when I walk by.
I like it when you listen to me sympathetically.
- 17: I feel loved when you help me with my jobs around the house.
I really enjoy receiving gifts from you.
- 18: I like for you to compliment my appearance.
I feel loved when you take time to understand my feelings.
- 19: I feel secure when you are touching me.
Your acts of service make me feel loved.
- 20: I appreciate the many things you do for me.
I like receiving gifts that you make.
- 21: I really enjoy the feeling I get when you give me your undivided attention.
I really enjoy the feeling I get when you do some acts of service for me.
- 22: I feel loved when you celebrate my birthday with a gift.
I feel loved when you celebrate my birthday with meaningful words.
- 23: I know you are thinking of me when you give me a gift.
I feel loved when you help out with my chores.
- 24: I appreciate it when you listen to me patiently and don't interrupt me.
I appreciate it when you remember special days with a gift.
- 25: I like to know you are concerned enough to help with my daily tasks.
I enjoy extended trips with you.

- 26: Kissing me unexpectedly excites me.
 Giving me a gift for no special occasion excites me.
- 27: I like to be told that you appreciate me.
 I like for you to look at me when we are talking.
- 28: Your gifts are always special to me.
 I feel good when you are touching me.
- 29: I feel loved when you enthusiastically do some task I have requested.
 I feel loved when you tell me how much you appreciate me.
- 30: I need to be touched every day.
 I need your words of affirmation daily.