

Love language Questionnaire

PERSONAL GROWTH

INSTRUCTIONS: Only circle one X per item i.e. you need to respond to one of the statements numbered 1.

	A	B	C	D	E
1. I like to receive notes of affirmation from you. I like it when you hug me	X				X
2. I like to spend one-to-one time with you. I feel loved when you give practical help to me		X		X	
3. I like it when you give me gifts. I like taking long walks with you.		X	X		
4. I feel loved when you do things to help me. I feel loved when you touch me.				X	X
5. I feel loved when you embrace me. I feel loved when I receive a gift from you.			X		X
6. I like to go places with you. I like to hold hands with you.		X			X
7. Visible symbols of love (gifts) are very important to me. I feel loved when you affirm me.	X		X		
8. I like to sit close to you. I like for you to tell me that I am attractive/handsome.	X				X
9. I like to spend time with you. I like to receive little gifts from you.		X	X		
10. Your words of acceptance are important to me. I know you love me when you help me.	X			X	
11. I like to be together when we do things. I like the kind words you say to me.	X	X			
12. What you do affects me more than what you say. I feel whole when we hug.				X	X
13. I value your praise and try to avoid your criticism. Several inexpensive gifts from you mean more to me than one large gift.	X		X		
14. I feel close when we are talking or doing something together. I feel close to you when you touch me often.		X			X
15. I like for you to compliment my achievements. I know you love me when you do things for me that you don't enjoy doing.	X			X	
16. I like for you to touch me when you walk by. I like it when you listen to me sympathetically.		X			X
17. I feel loved when you help me with my jobs around the house. I really enjoy receiving gifts from you.			X	X	
18. I like you to compliment my appearance. I feel loved when you take time to understand my feelings.	X	X			
19. I feel secure when you are touching me. Your acts of service make me feel loved.				X	X
20. I appreciate the many things you do for me. I like receiving gifts that you make.			X	X	

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	A	B	C	D	E
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 act of service for me.		X			
				X	
22. I feel loved when you celebrate my birthday with a gift. I feel loved when you celebrate my birthday with meaningful words (written or spoken).	X				
			X		
23. I know you are thinking of me when you give me a gift. I feel loved when you help with chores.				X	
		X			
24. I appreciate it when you listen patiently and don't interrupt me. I appreciate it when you remember special days with a gift.			X		
		X			
25. I like to know you are concerned enough to help me with my daily tasks. I enjoy extended trips with you.				X	
		X			
26. An unexpected kiss on the cheek excites me. Giving me a gift for no special occasion excites me					X
			X		
27. I like to be told that you appreciate me. I like for you to look at me when we are talking.	X				
		X			
28. Your gifts are always special to me. I feel good when you are touching me.			X		
					X
29. I feel loved when you enthusiastically do same task I have requested. I feel loved when you tell me how much you appreciate me.				X	
	X				
30. I need to be touched everyday. I need your words of affirmation daily.					X
	X				
TOTAL EACH COLUMN (MAX. / COLUMN = 12. ALL COLUMNS TOTAL 30)					

HOW TO INTERPRET YOUR SCORES:

Your highest score indicates your primary love language. Your second highest score indicates your secondary love language. If two scores are identical, you are bilingual (i.e. you have two love languages).

If the score of your primary language and your secondary language are close (for example 9 & 10 respectively), it indicates both are important to you. Whatever your significant other does to express love in either of these languages will get emotional points with you. The highest possible score for any one love language is 12.

- A = Words of affirmation
- B = Quality time
- C = Receiving gifts
- D = Acts of service
- E = Physical touch

Having a clear picture of your primary and secondary love language will explain much of your past behaviour. Think back over the past and ask yourself *What have I most often requested from significant others?* Chances are your answer will lie within the scope of your primary and secondary love languages. You have been requesting that which would meet your deepest need for emotional love. Your requests, however, might have come across as nagging and thus driven the other person away.

Another question to ask yourself is, *How have I most often expressed love to others?* You may find that you have been speaking your own language rather than the primary language of the other person. If so, you might not have made many emotional points with the person, but you can give yourself credit for being sincere. Most importantly, having a clear understanding of your primary and secondary love languages can make your future most enjoyable. A journey of a thousand miles begins with one small step!

Review the chart below often as a reminder of the love languages. You are encouraged to learn your child's love language and put all five love languages to work around your house.

LOVE LANGUAGES IN ACTION:

How to relate to a person with this love language	Communication	To be considered	To be avoided
WORDS OF AFFIRMATION	*Compliments *Affirmation *Kind words	Sending roses/cards	Criticism
QUALITY TIME	*One-to-one time *Not interrupting *Face-to-face conversation	*Taking long walks together *Doing things together *Taking trips	*Long periods of being apart *More time with friends than with significant other
RECEIVING GIFTS	*Positive *Fact-orientated information	Giving gifts on special occasions and on 'not so special' occasions	Forgetting special days
ACTS OF SERVICE	Action words like "I can", "I will", "What else can I do?"	*Helping with house and yard chores *Repair/maintenance *Acts of kindness	Ignoring significant other's requests while helping someone.
PHYSICAL TOUCH	*A lot of non-verbals *Verbals need to be word pictures	*Touches *Hugs *Pats *kisses	Physical neglect or abuse