

The Five Love Languages Quiz

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|----|--|--------|----|---|--------|
| 1 | I like to receive notes of affirmation.
I like to be hugged. | A
E | 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. | E
B |
| 2 | I like to spend one-to-one time with a person who is special to me.
I feel loved when someone gives practical help to me. | B
D | 17 | I feel loved when friends and loved ones help me with jobs or projects.
I really enjoy receiving gifts from friends and loved ones. | D
C |
| 3 | I like it when people give me gifts.
I like leisurely visits with friends and loved ones. | C
B | 18 | I like for people to compliment my appearance.
I feel loved when people take time to understand my feelings. | A
B |
| 4 | I feel loved when people do things to help me.
I feel loved when people touch me. | D
E | 19 | I feel secure when a special person is touching me.
Acts of service make me feel loved. | E
D |
| 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. | E
C | 20 | I appreciate the many things that special people do for me.
I like receiving gifts that special people make for me. | D
C |
| 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. | B
E | 21 | I really enjoy the feeling I get when someone gives me undivided attention.
I really enjoy the feeling I get when someone helps me make decisions. | B
D |
| 7 | Visible symbols of love (gifts) are very important to me.
I feel loved when people affirm me. | C
E | 22 | I feel loved when a person celebrates my birthday with a gift.
I feel loved when a person celebrates my birthday with meaningful words. | C
A |
| 8 | I like to sit close to people whom I enjoy being around.
I like for people to tell me I am beautiful/handsome. | E
A | 23 | I know a person is thinking of me when he or she gives me a gift.
I feel loved when a person helps with my chores. | C
D |
| 9 | I like to spend time with friends and loved ones.
I like to receive little gifts from friends and loved ones. | B
C | 24 | I appreciate it when someone listens patiently and doesn't interrupt me.
I appreciate it when someone remembers special days with a gift. | B
C |
| 10 | Words of acceptance are important to me.
I know someone loves me when he or she helps me. | A
D | 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. | D
B |
| 11 | I like being together and doing things with friends and loved ones.
I like it when kind words are spoken to me. | B
A | 26 | I enjoy kissing or being kissed by people with whom I am close.
I enjoy receiving a gift given for no special reason. | E
C |
| 12 | What someone does affects me more than what he or she says.
Hugs make me feel connected and valued. | D
E | 27 | I like to be told that I am appreciated.
I like for a person to look at me when we are talking. | A
B |
| 13 | I value praise and try to avoid criticism.
Several small gifts mean more to me than one large gift. | A
C | 28 | Gifts from a friend or loved one are always special to me.
I feel good when a friend or loved one touches me. | C
E |
| 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. | B
E | 29 | I feel loved when a person enthusiastically does some tasks that I have requested.
I feel loved when I am told how much I am needed. | D
A |
| 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. | A
D | 30 | I need to be touched every day.
I need words of encouragement daily. | E
A |

Total:

A: ___

B: ___

C: ___

D: ___

E: ___

Words of Affirmation

Quality Time

Receiving Gifts

Acts of Service

Physical Touch