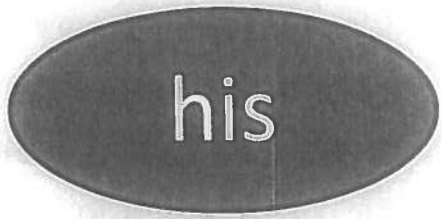


# Exercise: Five Love Languages Quiz



Below there are 30 paired statements. Please circle the letter next to the statement that best defines what is most meaningful to you in your relationship.

Both statements may (or may not) sound like they fit your situation but choose the statement that captures the essence of what is most meaningful to you the majority of the time. Allow 10-15 minutes to complete the profile.

1. It's more meaningful to me when...
  - A I receive a loving note/text/email for no special reason from my loved one.
  - E my partner and I hug.
2. It's more meaningful to me when...
  - B I can spend alone time with my partner – just the two of us.
  - D my partner does something practical to help me out.
3. It's more meaningful to me when...
  - C my partner gives me a little gift as a token of our love for each other.
  - B I spend uninterrupted leisure time with my partner.
4. It's more meaningful to me when...
  - D my partner unexpectedly does something for me like filling my car with gasoline or doing laundry.
  - E my partner and I touch.
5. It's more meaningful to me when...
  - E my partner puts her arm around me when we're in public.
  - C my partner surprises me with a gift.
6. It's more meaningful to me when...
  - B I'm around my partner, even if we're not really doing anything special.
  - E I hold hands with my partner.

7. It's more meaningful to me when...
- C my partner gives me a gift.
  - A I hear "I love you" from her.
8. It's more meaningful to me when...
- E I sit close to her.
  - A I am complimented by her for no apparent reason.
9. It's more meaningful to me when...
- B I am able to "hang out" with my partner.
  - C I unexpectedly get small gifts from my partner.
10. It's more meaningful to me when...
- A I hear her say "I'm proud of you".
  - D my partner helps me with a task.
11. It's more meaningful to me when...
- B I do things with my partner.
  - A I hear supportive words from my partner.
12. It's more meaningful to me when...
- D She does things for me instead of just talking about doing nice things.
  - E I feel connected to her through a hug
13. It's more meaningful to me when...
- A I hear praise from my partner.
  - C my partner gives me something that shows she was thinking about me.
14. It's more meaningful to me when...
- B I'm able to just be around her
  - E I get a back rub or massage from her.
15. It's more meaningful to me when...
- A my partner reacts positively to something I have accomplished.
  - D my partner does something for me that I know she doesn't particularly enjoy.
16. It's more meaningful to me when...
- E my partner and I kiss frequently.
  - B I sense she is showing interest in the things I care about.

17. It's more meaningful to me when...
- D my partner works together with me on special projects that I have to complete.
  - C my partner gives me an exciting gift.
18. It's more meaningful to me when...
- A I'm complimented by my partner on my appearance.
  - B my partner takes the time to listen to me and really understand my feelings.
19. It's more meaningful to me when...
- E my partner and I share non-sexual touch in public.
  - D my partner offers to run errands for me.
20. It's more meaningful to me when...
- D my partner does more than her normal share of the responsibilities we share.
  - C I get a gift that I know she put thought into choosing.
21. It's more meaningful to me when...
- B my partner doesn't check her phone while we're talking.
  - D my partner goes out of her way to do something that relieves pressure on me.
22. It's more meaningful to me when...
- C I can look forward to a holiday because of a gift I anticipate receiving.
  - A I hear the words, "I appreciate you" from my partner.
23. It's more meaningful to me when...
- C my partner brings me a little gift after she has been traveling without me.
  - D my partner takes care of something I'm responsible to do but I feel too stressed to do at the time.
24. It's more meaningful to me when...
- B my partner doesn't interrupt me while I'm speaking.
  - C gift giving is an important part of our relationship.
25. It's more meaningful to me when...
- D my partner helps me out when she knows I'm tired.
  - B I go somewhere with my partner.

26. It's more meaningful to me when...
- E my partner and I are physically intimate.
  - C my partner gives me a little gift that she picked up in the course of his normal day.
27. It's more meaningful to me when...
- A my partner says something encouraging to me.
  - B I spend time in a shared activity or hobby with her.
28. It's more meaningful to me when...
- C my partner surprises me with a small token of her appreciation.
  - E my partner and I touch a lot during the normal course of the day.
29. It's more meaningful to me when...
- D my partner helps me out even though she is busy.
  - A I hear my partner specifically tell me, "I appreciate you".
30. It's more meaningful to me when...
- E my partner and I embrace after we've been apart for a while.
  - A I hear my partner say how much I mean to her.

The love language that received the highest score is your primary love language. If point totals for two love language are equal, you are bilingual and have two primary love languages. If you have another score that is close to the primary one, then this is your secondary one and it means that both expressions of love are important to you. The highest possible score for any love language is 12.

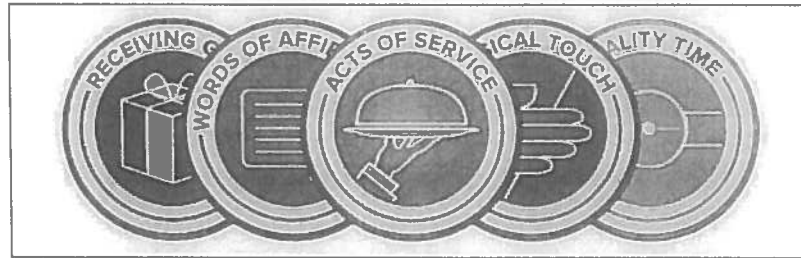
- A Words of Affirmation \_\_\_\_\_
- B Quality Time \_\_\_\_\_
- C Receiving Gifts \_\_\_\_\_
- D Acts of Service \_\_\_\_\_
- E Physical Touch \_\_\_\_\_

# Exercise: Five Love Languages

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## Discovering your Primary Love Language

The five love languages can help you recognize how to convey and receive love. It is possible to love each other but not know how your future spouse receives love. Often people give the love that they would like to receive. This leaves the other person feeling unloved. Each person has a primary and secondary preferred love language. See if you can discover your primary love language.



What is your primary love language? What makes you feel most loved by your future spouse? The following three questions may help you discover your primary love language.

Is there something that your future spouse neglects to do that would demonstrate her love? (This is probably your primary love language.)

What have you most often requested of your future spouse? (This is what helps you feel loved.)

In what way do you regularly express love to your future spouse? (This indicates how you would like to be shown love.)

