

The 5 Love Languages[®]

What if you could say or do just the right thing guaranteed to make that special someone feel loved? The secret is learning the right love language! Millions of couples have learned the simple way to express their feelings and bring joy back into marriage: *The 5 Love Languages*, Dr. Gary Chapman's New York Times bestseller.

- #1: Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

- #2: Quality Time

For those whose love language is spoken with Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

- #3: Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

- #4: Acts of Service

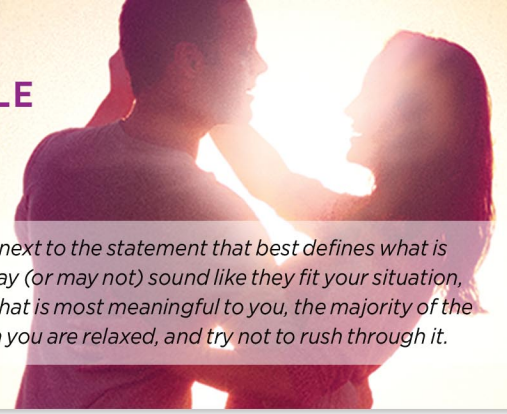
Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

- #5: Physical Touch

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.



LOVE LANGUAGES PERSONAL PROFILE FOR COUPLES



Below you will see 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 please choose the statement that captures the essence of what is most meaningful to you, the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it.

- 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 get to 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 or doing the laundry.
 - E my partner and I touch.

- 5 *It's more meaningful to me when...*
- E my partner puts his/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.
 - 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 my partner.

- 8 *It's more meaningful to me when...*
- E I sit close to my partner.
 - A I am complimented by my loved one for no apparent reason.

- 9 *It's more meaningful to me when...*
- B I get the chance to just "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 my partner tell me, "I'm proud of you."
 - D my partner helps me with a task.

- 11 *It's more meaningful to me when...*
- B I get to do things with my partner.
 - A I hear supportive words from my partner.

- 12 *It's more meaningful to me when...*
- D my partner does things for me instead of just talking about doing nice things.
 - E I feel connected to my partner 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 he/she was really thinking about me.

- 14 *It's more meaningful to me when...*
- B I'm able to just be around my partner.
 - E I get a back rub or massage from my partner.

- 15 *It's more meaningful to me when...*
- A my partner reacts positively to something I've accomplished.
 - D my partner does something for me that I know they don't particularly enjoy.

- 16 *It's more meaningful to me when...*
- E my partner and I kiss frequently.
 - B I sense my partner is showing interest in the things I care about.

LOVE LANGUAGES PERSONAL PROFILE FOR COUPLES



17 *It's more meaningful to me when...*
D my partner works on special projects with me 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 a bit more than his/her normal share of the responsibilities we share (around the house, work-related, etc).
C I get a gift that I know my partner put thought into choosing.

21 *It's more meaningful to me when...*
B my partner doesn't check his/her phone while we're talking.
D my partner goes out of their 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 he/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 talking.
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 he/she knows I'm already tired.
B I get to go somewhere while spending time 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 he/she picked up in the course of their normal day.

27 *It's more meaningful to me when...*
A my partner says something encouraging to me.
B I get to spend time in a shared activity or hobby with my partner.

28 *It's more meaningful to me when...*
C my partner surprises me with a small token of their 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 - especially if I know they're already 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 him/her.

Now go back and count the number of times you circled each individual letter and write that number in the appropriate blank below.

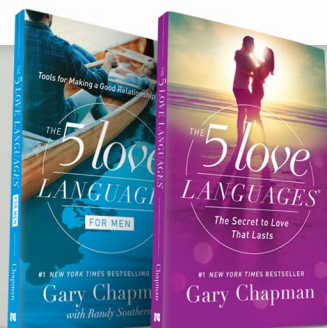
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RESULTS

- A:** _____ WORDS OF AFFIRMATION
B: _____ QUALITY TIME
C: _____ RECEIVING GIFTS
D: _____ ACTS OF SERVICE
E: _____ PHYSICAL TOUCH

Which love language received the highest score?

This is your primary love language. If point totals for two love languages are equal, you are "bilingual" and have two primary love languages. And, if you have a secondary love language, or one that is close in score to your primary love language, this means that both expressions of love are important to you. The highest possible score for any single love language is 12.



Knowing the love languages is powerful, but knowing *how* they work in your relationships—that's the game changer.

GET THE 5 LOVE LANGUAGES APP



LEARN MORE AT 5LoveLanguages.com

RELATIONSHIP ROLES

² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. — EPHESIANS 4:2-3

SHARING ROLES

List your responsibilities and your partner's responsibilities related to the household and/or children. Your partner should also separately create the same two lists. **Note: For couples who are not yet sharing a household, complete these lists as things you expect to do in your future household.**

Things You Do (or plan to do) for your Household

- a.
- b.
- c.
- d.
- e.
- f.

Things Your Partner Does (or plans to do) for your Household

- a.
- b.
- c.
- d.
- e.
- f.

COUPLE DISCUSSION:

1. After you have each completed your lists, compare and discuss them. Any surprises?
2. Are roles mainly divided by interests and skill, or by more traditional male/female roles?
3. Consider for a moment how similar or dissimilar these lists are compared to what you witnessed in your parents' roles growing up.
4. Discuss what each of you would like to adjust in your lists of roles. If needed, agree on how you might revise your current lists.
5. Revise your current lists, finalizing an agreement about tasks you will each do in the future. Set a time to review the new lists.