

Love Language Test

For each question, circle the phrase that you feel identifies you. There are no right or wrong answer. Take your time and answer each question.

1. A. I love to receive notes/text/email with affirming words
 E. To receive hugs
2. B. Spending one on one time with my loved one makes me happy
 D. When my loved one does something practical to help me out (like a chore)
3. C. Receiving little tokens of love makes me happy
 B. Taking walks with my loved one makes me happy
4. D. When you do the laundry, that makes me feel important
 E. I feel loved when you touch me (hugs, kisses, holding hands)
5. E. When my partner puts his/her arm around me in public, I feel loved
 C. Gift surprises makes me feel loved
6. B. I love it when someone runs errands with me
 E. Holding hands makes me feel happy
7. C. Visible symbols of love (receiving gifts) are very important to me
 A. Hearing I did a great job lifts me up and makes me feel valued.
8. E. I love sitting close together (to snuggle, etc.)
 A. I like for you to tell me that I am attractive/handsome
9. B. Spending time with my loved one makes me feel loved
 C. Unexpected gifts is something I enjoy receiving
10. A. Words that build me up are important to me
 D. Receiving help to complete a task makes me feel loved
11. B. Doing things together like watching TV makes me feel loved
 A. I like to receive kind words from family/loved one
12. D. Backing up your words with action makes me feel important
 E. I feel connected when I get a hug
13. A. I value praise more than receiving criticism
 C. Receiving several inexpensive gifts means more to me than one large gift
14. B. I feel closer when we are talking or doing something together
 E. I love getting back rubs or massages
15. A. When I get compliments for my achievements it makes me feel appreciated
 D. I feel loved when you do things for me that you don't enjoy

16. E. Random touches when you walk by makes me feel loved
B. I like it when you take time to listen to what I have to say
17. D. I feel loved when you help me finish jobs around the house
C. I really enjoy receiving gifts
18. A. Receiving compliments about my appearance feels good
B. I feel loved when you take time to understand my feelings
19. E. I feel a sense of security when I receive hugs
D. When you clean the kitchen, it makes me feel loved
20. D. I appreciate receiving help around the house (cooking, dishes, mowing)
C. Thought out gifts from my family/loved ones makes me feel loved
21. B. I enjoy receiving your undivided attention
D. Receiving unexpected help is something that makes me feel loved
22. C. I look forward to holidays & birthdays because I anticipate the gifts I will receive
A. I look forward to receiving meaningful words (written or spoken) on my birthdays
23. C. I love it when I receive surprise gifts
D. I feel loved when you get my car detailed/cleaned
24. B. I appreciate it when you listen patiently and don't interrupt me
C. I love it when you remember special occasions with a gift
25. D. I love it when the dishes are already put away after I have worked hard all day
B. I love extended trips because it means we get to spend time together
26. E. Receiving an unexpected kiss excites me
C. Gifts for no special reason at all, I love it!
27. A. I like being told that I am appreciated and valuable
B. Eye contact during conversations means a lot to me
28. C. Gifts I receive are special to me
E. Touch is something that is very important to me (hugs, kisses, holding hands)
29. D. Your enthusiasm in completing a task for me tells me you care about me
A. I feel loved/valued when you tell me how much you appreciate me
30. E. I need a touch everyday to feel connected with you (hugs, kisses, holding hands)
A. I need at least one word that affirms me everyday.

Place the totals for each question below, the highest number should represent your love language.

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| ___ A (Words of affirmation) | ___ D (Acts of Service) |
| ___ B (Quality Time) | ___ E (Physical Touch) |
| ___ C (Receiving gifts) | |