

The 5 Love Languages

What's my love language? Choose the answer that best fits you.

- a. I feel most loved when my partner uses kind words and compliments to tell me how much I am valued and appreciated.
- b. I feel most loved when my partner gives me full attention and I am able to spend alone time with my partner.
- c. I feel most loved when my partner gives me gifts.
- d. I feel most loved when my partner does things for me, such as cooking dinner, doing the laundry, cleaning, and taking care of the car.
- e. I feel most loved when my partner shows his or her feelings through physical contact, such as through holding hands, kissing, hugging, or sex.

If you chose **a**: Your primary love language is **Words of Affirmation**.

If you chose **b**: Your primary love language is **Quality Time**.

If you chose **c**: Your primary love language is **Receiving Gifts**.

If you chose **d**: Your primary love language is **Acts of Service**.

If you chose **e**: Your primary love language is **Personal Touch**.

See the back of this handout for descriptions of each of the 5 Love Languages.

The 5 Love Languages



Words of Affirmation. You feel the most loved when someone tells you that he or she values and appreciates you. You feel loved when you receive compliments and kind words from your partner, such as, “You look nice tonight,” “Thank you for doing the laundry,” or “I love you.”

Quality Time. You feel the most loved when your partner gives you his or her undivided attention. Your partner shows you he or she loves you when by spending time alone with you, whether that time is spent sitting on the couch, going out to dinner together, or taking a walk.



Receiving Gifts. You feel the most loved when your partner brings you gifts, such as flowers, candy, a card, or some other present. Gifts show you that your partner was thinking of you and your partner loves you.

Acts of Service. You feel the most loved when your partner does things for you or helps you do something. This could be running an errand for you, helping out around the house, or spending time with the kids.



Personal Touch. You feel the most loved when your partner shows you physical affection through personal touch. This may include kissing, holding hands, hugging, or having sex.

Still aren't sure which love language fits you best? Try to answer these questions.

1. *“What does my partner do or fail to do that hurts me the most?”*
The opposite of what hurts you most is probably your love language.
2. *“What have you requested most often of your partner?”*
The thing that you most often request is likely the thing that would make you feel most loved. Some examples: More kisses, more help around the house, telling you ‘I love you’ more often, spending more time with you, or bringing you flowers more often.
3. *“How do you regularly express love to your partner?”*
How you express love to your partner may show what would also make you feel loved.