The Languages of Love Profile

A love language is the form in which you prefer to receive love and attention from a romantic partner. There are actually five different love languages and most people enjoy several of them but have a strong preference for one or two.

This assessment will help you in discovering your primary love language. For those who are certain they already know their primary love language, the profile will serve as confirmation. For those not quite sure which love language is their primary one, the profile will bring clarification.

The format is simple. You will be presented with 30 pairs of statements. Read each pair with this question in mind: *Which of these would I prefer to receive from my romantic partner?* You may enjoy both expressions of love, but if you could have only one, which would you choose? After you made your choice, CIRCLE ONLY <u>ONE</u> "X" on each set of statements.

For example, if you feel that "I like to receive notes of affirmation" describes you better than "I like it when you hug me," draw a circle around the "X" in the first statement:

I like to receive notes of affirmation	Ⓧ
I like it when you hug me	X

Instructions for compiling scores are at the end.

The Languages of Love Profile

	A	B	C	D	E
1. *I like to receive notes of affirmation from you.............................*	X				
I like it when you hug me					X
2. *I like to spend one-on-one time with you ....*		X			
I feel loved when you give practical help to me...........................				X	
3. *I like it when you give me gifts...*			X		
I like taking long walks with you..		X			
4. *I feel loved when you do things to help me ....*				X	
I feel loved when you touch me					X
5. *I feel loved when you hold me in your arms ....*					X
I feel loved when I receive a gift from you..................................			X		
6. *I like to go places with you ....*		X			
I like to hold hands with you..					X
7. *Visible symbols of love (gifts) are very important to me ....*			X		
I feel loved when you say nice things to me	X				
8. *I like to sit close to you ....*					X
I like for you to tell me that I am attractive/handsome...............	X				
9. *I like to spend time with you ....*		X			
I like to receive little gifts from you			X		
10. *Your words of acceptance are important to me.........................*	X				
I know you love me when you help me...				X	
11. *I like to be together when we do things.....................................*		X			
I like the kind words you say to me...	X				
12. *What you do affects me more than what you say........................*				X	
I feel whole when we hug...					X
13. *I value your praise and try to avoid your criticism ....*	X				
Several inexpensive gifts from you mean more to me than one large gift...			X		
14. *I feel close when we are talking or doing something together ....*		X			
I feel closer to you when you touch me often..............................					X

	A	B	C	D	E
15. I like for you to compliment my achievements.............................		X			
I know you love me when you do things for me that you don't enjoy doing...					X
16. I like for you to touch me when you walk by...............................					X
I like it when you listen to me sympathetically		X			
17. I feel loved when you help me with my jobs around the house....				X	
I really enjoy receiving gifts from you			X		
18. I like for you to compliment my appearance...............................	X				
I feel loved when you take time to understand my feelings..........		X			
19. I feel secure when you are touching me......................................					X
Your acts of service make me feel loved				X	
20. I appreciate the many things you do for me................................				X	
I like receiving gifts that you make			X		
21. I really enjoy the feeling I get when you give me your undivided attention		X			
I really enjoy the feeling I get when you do some act of service for me				X	
22. I feel loved when you celebrate my birthday with a gift..............			X		
I feel loved when you celebrate my birthday with meaningful words (written or spoken)...	X				
23. I know you are thinking of me when you give me a gift...............			X		
I feel loved when you help out with my chores				X	
24. I appreciate when you listen patiently and don't interrupt me....		X			
I appreciate it when you remember special days with a gift........			X		
25. I like to know you are concerned enough to help with my daily tasks...				X	
I enjoy extended trips with you		X			
26. Kissing me unexpectedly excites me					X
Giving me a gift for no special occasion excites me....................			X		
27. I like to be told that you appreciate me.......................................	X				
I like for you to look at me when we are talking.........................		X			
28. Your gifts are always special to me			X		
I feel good when you are touching me					X

	A	B	C	D	E
29. *I feel loved when you enthusiastically do some task I have requested*...				X	
I feel loved when you tell me how much you appreciate me.........	X				
30. *I need to be touched every day*..					X
I need your words of affirmation daily	X				
Total each column (should equal 30).. The highest possible score for any single column (love language) is 12.	A	B	C	D	E

Your column with the highest total should represent your primary love language.

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

How to interpret your Profile score:
Your highest score indicates your primary love language. Your second highest score indicates your secondary love language. If two scores are identical, you are bi-lingual (you have two primary love languages). If the scores of your primary language and your secondary language are close (for example, 10 and 9 respectively), it indicates that both are important to you. Whatever your partner does to express love in either of these languages will get emotional points with you.

Having a clear picture of your primary and secondary love languages will explain much of your past behavior. Think back over the past and ask yourself, "What have I most often requested from my partner?" Chances are your answer will lie within the scope of your primary and secondary love languages. You have been requesting that which would meet your deepest need for emotional love. Your requests, however, might have come across as nagging or criticizing and thus drove your partner away.

It's also interesting to note that people often demonstrate their love to another in their <u>own</u> primary love language, as opposed to expressing it in their partner's love language. For example, if Chris likes acts of service, she or he might be doing acts of service for his/her partner to demonstrate love. However, these gestures of love may not make the partner feel loved if his/her primary love language is, for example, quality time.

This mismatch between love languages can cause conflict and hurt feelings in a relationship as people are not feeling appreciated for what they are doing for their partners and the partners are simultaneously feeling not appropriately loved. Be sure to GIVE love in the primary and secondary love languages of the person you care about, and also express your preferences to him or her.

Love Language Review

How to relate to a person with this love language…	COMMUNICATION	ACTION	WHAT TO AVOID
Words of Affirmation	Compliments Affirmations Kind words	Send notes or cards.	Criticism
Quality Time	One-on-one time. Not interrupting. Face-to-face conversation.	Take long walks together. Do things together. Take trips.	Long periods of being apart. More time with friends than with partner.
Receiving Gifts	Positive, fact-oriented information.	Give gifts on special occasions and also on not so special occasions.	Forgetting special days.
Acts of Service	Action words like "I can," "I will," "What else can I do?"	Helping with house and yard chores. Repair/maintenance. Acts of kindness.	Ignoring partner's requests while helping others.
Physical Touch	A lot of non-verbal. Verbal needs to be "word pictures".	Touches Hugs Pats Kisses	Physical neglect or abuse.

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