

LOVE LANGUAGE REVIEW

How to relate to a person with this love language	Communication	Actions	What to Avoid
Words of Affirmation	Compliments Affirmation Kind words	Send notes/ cards	Criticism
Quality Time	One-to-one time Not interrupting Face-to-face conversation	Take long walks together Doing things together Taking trips	Long periods of being apart More time with friends than with spouse
Receiving Gifts	Positive Fact-oriented information	Give gifts on special occasions and 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 spouse's requests while helping others
Physical Touch	A lot of nonverbals Verbals need to be word pictures	Touches Hugs Pats Kisses	Physical neglect or abuse

THE FIVE LOVE LANGUAGES 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-to-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 affirm me	X				
8. I like to sit close to you	X
I like for you to tell me 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		

	A	B	C	D	E
14. I feel close when we are talking or doing something together	X			
I feel closer to you when you touch me often	X
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 it when you listen patiently and don't interrupt me	X			
I appreciate it when you remember special days with a gift	X		

	A	B	C	D	E
25. I like to know you are concerned enough to help with my daily tasks. I enjoy extended trips with you X	X ...	
26. Kissing me unexpectedly excites me. Giving me a gift for no special occasion excites me X	X
27. I like to be told that you appreciate me I like for you to look at me when we are talking	X ...	X ...			
28. Your gifts are always special to me I feel good when you are touching me	X ...		X
29. I feel loved when you enthusiastically do some task I have requested I feel loved when you tell me how much you appreciate me X	X ...	
30. I need to be touched every day I need your words of affirmation daily. X	X
Total each column (All 5 columns should equal 30.)					

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 bilingual (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 both are important to you. Whatever your spouse does to express love in either of these languages will get emotional points with you. The highest possible score for any one love language is 12.

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 spouse?" 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 driven your spouse away.

THE *Five* LOVE
LANGUAGES

How to Express Heartfelt Commitment to Your Mate

GARY CHAPMAN