

THE FIVE LOVE LANGUAGES PROFILE

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

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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		

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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 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