

The Five Love Languages Inventory

Directions: Circle one statement from each number that describes you best. It may not describe you well but pick the one that is most like you. **Add up your score at the bottom of the list.**

1. A – I like to receive notes of affirmation
 E – I like receiving hugs
2. B – I like to spend one-on-one time with my people
 D – I feel loved when given practical help
3. C – I like it when I am given gifts
 B – I like taking long walks with those I love
4. D – I feel loved when others do things to help me
 E – I feel loved when those close to me hug me
5. E – I feel loved when those I am close with hold me in their arms
 C – I feel loved when I receive gifts from others
6. B – I like to go places with those I care about
 E – I like to hold hands with those I love
7. A – I feel loved when others acknowledge me or my actions
 C – Visible symbols of love (gifts) are very important to me
8. E – I like to sit close to those I care about
 A – I like it when I receive compliments from others
9. B – I like to spend time with people
 C – I like to receive gifts from people
10. D – I know those around me love me when they help me
 A – Words of acceptance are important to me
11. E – I like to be with others when doing things
 A – I like the kind words people say to me

12. E – I feel whole when others hug me
 D – What others do affects me more than what they say
13. A – I value praise and try to avoid criticism
 C – Several inexpensive gifts mean more to me than one large expensive gift
14. E – I feel close to others when there is touch (hand on arm or shoulder, pat on the back, etc.)
 B – I feel close when talking or doing something with those I care about
15. A – I like when people compliment my achievements
 D – I know others love me when they do things for me that they don't enjoy doing
16. E – I like when people I am close with touch me when they walk by
 B – I like when people listen to me sympathetically
17. C – I really enjoy receiving gifts from those close to me
 D- I feel loved when I am helped with my home projects
18. A – I like when I am complimented on my appearance
 B – I feel loved when others take the time to understand my feelings
19. E – I feel secure when those close to me touch me
 D – Acts of service make me feel loved
20. D – I appreciate the many things others do for me
 C – I like receiving gifts that people make for me
21. B – I really enjoy the feeling I get when I have someone's undivided attention
 D – I really enjoy the feeling I get when someone does an act of service for me
22. C – I feel loved when my birthday is celebrated with a gift
 A – I feel loved when my birthday is celebrated with meaningful words (written or spoken)
23. D – I feel loved when people help me out with my chores
 C – I know others are thinking of me when they give me a gift
24. C – I appreciate it when people remember a special day with a gift
 B – I appreciate it when people listen patiently and don't interrupt me

25. B – I enjoy extended trips with those I care about
 D – I like when others are concerned enough to help me with my daily tasks
26. E – Hugs make me feel loved
 C – Giving me a gift for no occasion makes me feel loved
27. A – I like to be told that I am appreciated
 B – I like when others look at me when we are talking
28. C – Thoughtful gifts are always special to me
 E – I feel loved when others physically touch me
29. A – I feel loved when people tell me how much they appreciate me
 D – I feel loved when others enthusiastically do a task I have requested
30. E – I need to be hugged by those I love every day
 A – I need words of affirmation daily

Add Total Number of Answers Here:

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