

Love Languages Chart

Understanding how we express and receive love is essential for nurturing our relationships. The Love Languages Chart outlines five ways individuals can communicate their affection. Explore the chart to discover how to effectively express love in ways that resonate with your loved ones.

Love language	How to communicate	Actions to take
Words of affirmation	<p>Listen to your partner, family, or friend.</p> <p>Be encouraging. Your words should be affirming, appreciative, and empathetic.</p>	<p>Check up on them every now and then, whether in person, through text, or calls. If they're going through something, give them encouraging words.</p>
Physical touch	<p>Be mindful of your body language. Be mindful of your partner, friend, and family's body language(s).</p> <p>Use touch to express your love and care.</p>	<p>Regularly express physical affection, whether it's romantic or platonic. Embrace them. Kiss. Hold hands</p>
Receiving gifts	<p>Be thoughtful to your loved ones, friends, or romantic partner(s).</p> <p>Give them gifts that show you know them well enough and ones that make them feel important in your life.</p>	<p>Remember to give gifts on specific dates, like birthdays, anniversaries, or when they achieve something good. Also, give gifts when they're down and tired to cheer them up.</p>
Quality time	<p>Have uninterrupted and focused conversations with your partner, loved ones, or friends.</p> <p>Spend time with them, whether one-on-one or in groups.</p>	<p>Do things together. Whether that's going for a hike or a short walk, watching movies, playing video games, listening to music, or participating in activities they're interested in.</p>
Acts of service	<p>Do things for your partner, loved ones, or friends.</p> <p>These acts should be helpful to them and done voluntarily or as a surprise.</p>	<p>Offer your help if you see them struggling. Volunteer to do things like chores, whether telling them upfront or just taking initiative without having to tell them.</p>

Reference: Chapman, G. (2009). The 5 Love Languages: The secret to love that Lasts. <http://ci.nii.ac.jp/ncid/BB17812384>

Love Languages Test

Full name: _____ Date: _____

Instructions: For each statement, indicate how much you agree or disagree with it by selecting the corresponding number.

1 = Strongly disagree 2 = Somewhat disagree 3 = Neutral 4 = Somewhat agree 5 = Strongly agree

Words of affirmation	1	2	3	4	5
1. I appreciate it when people tell me how much they love and appreciate me.					
2. Hearing "I love you" from my loved ones means a lot to me.					
3. It makes me feel good when my loved ones thank me for doing something for them.					
4. I like it when my loved ones encourage me and believe in me.					
5. When people give me positive feedback, it makes me feel valued.					
Quality time	1	2	3	4	5
6. I feel most connected to my loved ones when we spend uninterrupted time together.					
7. I appreciate it when my loved ones put aside distractions and actively engage with me.					
8. Going on trips or exploring new places with my loved ones is important to me.					
9. I value having deep and meaningful conversations with the people that I love.					
10. I enjoy engaging in fun and playful activities with the people that I love, like playing games or going on adventures.					
Receiving gifts	1	2	3	4	5
11. It means a lot to me when people remember special occasions with thoughtful gifts.					
12. I feel loved when I receive thoughtful gifts.					
13. I appreciate surprises with small tokens of affection.					
14. I enjoy giving and receiving symbolic gifts, like matching jewelry or mementos.					
15. When people put effort into choosing a gift for me, it makes me feel loved.					

Acts of service		1	2	3	4	5
16. I feel most loved when my loved ones help me with tasks or chores without me having to ask.						
17. It means a lot to me when my loved ones take care of practical things for me, like running errands.						
18. Small gestures like making me coffee or packing my lunch for the day make me feel loved.						
19. It makes me feel supported when they're willing to help with difficult tasks.						
20. I appreciate it when my loved ones make life easier for me by taking on extra responsibilities.						
Physical touch		1	2	3	4	5
21. Physical touch, like holding hands or hugging, is an important way for me to feel connected to them.						
22. Holding hands, cuddling, or being close to my loved ones make me feel secure.						
23. I appreciate it when my loved ones touch me affectionately throughout the day.						
24. When my loved ones initiate physical intimacy, it makes me feel desired and loved.						
25. I feel most connected to the people that I love when we touch frequently.						
Scoring		Interpreting your results				
Love language	Score	<p>The love language with the highest score is likely your primary love language, which means it's the way you most strongly prefer to receive love from your partner or loved ones. The love language with the second highest score is likely your secondary love language, which means it's another important way for you to feel loved and connected in your relationship.</p> <p>Remember, this test is just a tool to help you better understand yourself, your partner/friends, and your family's love language preferences. It's important to communicate openly and honestly with your partner about how you prefer to give and receive love.</p>				
Words of affirmation						
Quality time						
Receiving gifts						
Acts of service						
Physical touch						