

# Love Languages Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Read each pair of statements carefully and select the one that resonates with you the most, even if both seem appealing. There are no right or wrong answers. Simply choose the option that best reflects your feelings.

1.	A. I like to receive notes of affirmation.
	E. I like to be hugged.
2.	B. I like to spend one-on-one time with people who are close to me.
	D. I feel loved when someone gives me practical help.
3.	C. I like it when people give me gifts.
	B. I like leisurely visits with friends and loved ones.
4.	D. I feel loved when people do things to help me.
	E. I feel loved when people touch me.
5.	E. I feel loved when someone I love or admire puts his or her arm around me.
	C. I feel loved when I receive a gift from someone I love or admire.
6.	B. I like to go places with friends and loved ones.
	E. I like to high-five or hold hands with people who are special to me.
7.	C. Visible symbols of love (gifts) are very important to me.
	E. I feel loved when people affirm me.
8.	E. I like to sit close to people whom I enjoy being around.
	A. I like for people to tell me I am beautiful/handsome.
9.	B. I like to spend time with friends and loved ones.
	C. I like to receive little gifts from friends and loved ones.
10.	A. Words of acceptance are important to me.
	D. I know someone loves me when he or she helps me.
11.	B. I like being together and doing things with friends and loved ones.
	A. I like it when kind words are spoken to me.
12.	D. What someone does affects me more than what he or she says.
	E. Hugs make me feel connected and valued.

13.	A. I value praise and try to avoid criticism.
	C. Several small gifts mean more to me than one large gift.
14.	B. I feel close to someone when we are talking or doing something together.
	E. I feel closer to friends and loved ones when they touch me often.
15.	A. I like for people to compliment my achievements.
	D. I know people love me when they do things for me that they don't enjoy doing.
16.	E. I like to be touched as friends and loved ones walk by.
	B. I like it when people listen to me and show genuine interest in what I am saying.
17.	D. I feel loved when friends and loved ones help me with jobs or projects.
	C. I really enjoy receiving gifts from friends and loved ones.
18.	A. I like for people to compliment my appearance.
	B. I feel loved when people take time to understand my feelings.
19.	E. I feel secure when a special person is touching me.
	D. Acts of service make me feel loved.
20.	D. I appreciate the many things that special people do for me.
	C. I like receiving gifts that special people make for me.
21.	B. I really enjoy the feeling I get when someone gives me undivided attention.
	D. I really enjoy the feeling I get when someone helps me make decisions.
22.	C. I feel loved when a person celebrates my birthday with a gift.
	A. I feel loved when a person celebrates my birthday with meaningful words.
23.	C. I know a person is thinking of me when he or she gives me a gift.
	D. I feel loved when a person helps with my chores.
24.	B. I appreciate it when someone listens patiently and doesn't interrupt me.
	C. I appreciate it when someone remembers special days with a gift.
25.	D. I like knowing loved ones are concerned enough to help with my daily tasks.
	B. I enjoy extended trips with someone who is special to me.
26.	E. I enjoy kissing or being kissed by people with whom I am close.
	C. I enjoy receiving a gift for no special reason.
27.	A. I like to be told that I am appreciated.
	B. I like for a person to look at me when we are talking.

28.		C. Gifts from a friend or loved one are always special to me.
		E. I feel good when a friend or loved one touches me.
29.		D. I feel loved when a person enthusiastically does some task I have requested.
		A. I feel loved when I am told how much I am needed.
30.		E. I need to be touched every day.
		A. I need words of encouragement daily.

### Scoring and interpretation

Developed by Gary Chapman, the concept of love languages encompasses five primary ways people express and interpret love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Teaching individuals to understand and use each other's preferred love languages while recognizing their efforts can enhance feelings of love and relationship satisfaction.

Count how many times you selected A, B, C, D, and E. Record the totals for each letter below. The letter with the highest count represents your dominant or primary love language.

- A = Words of affirmation  
 B = Quality time  
 C = Receiving gifts  
 D = Acts of service  
 E = Physical touch

### Words of affirmation

This love language is about feeling loved through kind, encouraging, and supportive words. Compliments, gratitude, and verbal appreciation make you feel valued.

### Quality time

People with this love language value undivided attention. Spending meaningful time together, free from distractions, is the way they feel most connected.

### Receiving gifts

Gifts are a visual symbol of love and thoughtfulness. It's not about the price but the meaning and effort behind the gift that makes them feel special.

### Acts of service

Actions speak louder than words for people with this love language. Doing helpful things, like chores or running errands, is how they feel loved and cared for.

### Physical touch

Physical affection, such as hugs, holding hands, or a comforting pat on the back, is essential. This love language expresses love through close physical contact.

### Reference

Chapman, G. D. (2017). *The 5 love languages: The secret to love that lasts*. Northfield Publishing.