

Love Languages Quiz

From *The Five Love Language* by Gary Chapman

Directions: For each pair of statements below, circle the letter next to the statement that is most true or most important to you.

1.	A	Sweet notes from my partner make me feel good.
	E	I love my partner's hugs.
2.	B	I like to be alone with my partner.
	D	I feel loved when my partner washes my car.
3.	C	Receiving special gifts from my partner makes me happy.
	B	I enjoy long trips with my partner.
4.	D	I feel loved when my partner helps with the laundry.
	E	I like it when my partner touches me.
5.	E	I feel loved when my partner puts his/her arm around me.
	C	I know my partner loves me because he/she surprises me with gifts.
6.	B	I like going most anywhere with my partner.
	E	I like to hold my partner's hand.
7.	C	I value the gifts my partner gives to me.
	A	I love to hear my partner say she/he loves me.
8.	E	I like for my partner to sit close to me.
	A	My partner tells me I look good, and I like that.
9.	B	Spending time with my partner makes me happy.
	C	Even the smallest gift from my partner is important to me.
10.	A	I feel loved when my partner tells me he/she is proud of me.
	D	When my partner helps clean up after a meal, I know he/she loves me.
11.	B	No matter what we do, I love doing things with my partner.
	A	Supportive comments from my partner make me feel good.
12.	D	Little things my partner does for me mean more than things she/he says.
	E	I love to hug my partner.
13.	A	My partner's praise means a lot to me.
	C	It means a lot to me that my partner gives me gifts that I really like.
14.	B	Just being around my partner makes me feel good.
	E	I love it when my partner gives me a massage.

15.	A	My partner's reactions to my accomplishments are so encouraging.
	D	It means a lot to me when my partner helps me with something I know he/she hates.
16.	E	I never get tired of my partner's kisses.
	B	I love that my partner shows real interest in things I like to do.
17.	D	I can count on my partner to help me with projects.
	C	I still get excited when opening a gift from my partner.
18.	A	I love when my partner compliments me on my appearance.
	B	I love that my partner listens to me and respects my ideas.
19.	E	I can't help but touch my partner when she/he is close by.
	D	My partner sometimes runs errands for me, and I appreciate that.
20.	D	My partner deserves an award for all the things he/she does to help me.
	C	I'm sometimes amazed at how thoughtful my partner's gifts to me are.
21.	B	I love having my partner's undivided attention.
	D	I love that my partner helps clean the house.
22.	C	I look forward to seeing what my partner gives me for my birthday.
	A	I never get tired of hearing my partner tell me that I am important to her/him.
23.	C	My partner lets me know he/she loves me by giving me gifts.
	D	My partner shows his/her love by helping me without me having to ask.
24.	B	My partner doesn't interrupt me when I am talking, and I like that.
	C	I never get tired of receiving gifts from my partner.
25.	D	My partner is good about asking how she/he can help when I am tired.
	B	It doesn't matter where we go; I just like going places with my partner.
26.	E	I love cuddling with my partner.
	C	I love surprise gifts from my partner.
27.	A	My partner's encouraging words give me confidence.
	B	I love to watch movies with my partner.
28.	C	I couldn't ask for any better gifts than the ones my partner gives me.
	E	I love it that my partner can't keep his/her hands off of me.
29.	D	It means a lot to me when my partner helps me despite being busy.
	A	It makes me feel really good when my partner tells me that she/he appreciates me.
30.	E	I love hugging and kissing my partner after we've been apart for a while.
	A	I love hearing my partner tell me that he/she missed me.

Key:

Tally up how many of each letter the person answered. The letter with the most responses matches the following love language.

A = Words of affirmation

B = Quality time

C = Receiving gifts

D = Acts of service

E = Physical touch

Chapman, G. (1995). *The Five Love Languages*. Chicago: Northfield Pub.