

## ***The 5 Love Languages Profile***

**“Love is something you do for someone else, not something you do for yourself.”**

### **Take the 5 Love Languages Profile**

If you think you know or don't know your love language, this could help you determine your language.

### **How to Use the Profile**

Pick only one statement in each pair of 30 statements. (The one best represents your desire.)

Count the number of letters you circled at the end of your profile.

Your primary love language is the one that receives the most points.

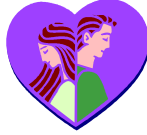
The high possible score for any one Love Language is 12.

If tied, then you could be bilingual.

\*\*\*\*\* Take the profile when you are relaxed and not pressed for time. \*\*\*\*\*

\*\*\*\*\* Don't take after a disagreement with your spouse. \*\*\*\*\*

“The payoff of speaking each other's love language is a greater sense of connection. This translates into better communication, increased understanding and ultimately improved romance.”-Gary Chapman



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1. I like to receive notes of affirmation from my spouse. A  
I like it when my spouse hugs me. E
2. I like to be alone with my spouse. B  
I feel loved when my spouse gives practical help to me. D
3. Receiving special gifts from my spouse make s me happy. C  
I enjoy long trips with my spouse. B
4. I feel loved when my spouse does things to help me. D  
I feel loved when my spouse touches me. E
5. I feel loved when my spouse puts his/her arm around me. E  
I know my spouse loves me because he/she surprises me with gifts. C
6. I like going most anywhere with my spouse. B  
I like to hold my spouse's hand. E
7. I value the gifts my spouse gives me. C  
I love to hear my spouse say he/she loves me. A
8. I like for my spouse to sit close to me. E  
My spouse tells me I look good, and I like that. A
9. Spending time with my spouse makes me happy. B  
Even the smallest gift from my spouse is important to me. C
10. I feel loved when my spouse tells me he/she is proud of me. A  
I know my spouse loves me when he/she helps me. D
11. No matter whet we do, I love doing things with my spouse. B  
Supportive comments from my spouse make me feel good. A
12. Little things my spouse does for me mean more then things he/she says. D  
I love to hug my spouse. E
13. My spouse's praise means a lot to me. A  
It means a lot to me that my spouse gives me gifts I rally like. C
14. Just being around my spouse makes me feel good. B  
I love it when my spouse touches me often. E
15. My spouse's reactions to my accomplishments are so encouraging. A  
It means a lot when my spouse helps with something I know he/se hates. D

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

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_ D: \_\_\_\_\_ E: \_\_\_\_\_

### Love Languages

A = Word of Affirmation    B = Quality Time    C = Receiving Gifts  
D = Acts of Service        E = Physical Touch