

# What Is Your Love Language?

## Objective

To identify the primary love languages of you and your partner in order to improve your romantic relationship.

## What to Know

One of the most common relationship problems is developing the ability to express love in intentional and meaningful ways. You probably want to show your partner that you care, but perhaps you struggle to do so. If this applies to you, you might want to learn about the Five Love Languages, developed by Dr. Gary Chapman. If you learn to speak each other's love language, you are both more likely to feel loved and appreciated – and happier in the relationship.

According to Dr. Chapman, there are five primary love languages, including:

- 1. Words of Affirmation.** This love language refers to expressing affection through spoken words, praise, compliments, or appreciation. If this is your primary love language, you enjoy kind words and encouragement, love notes, and sweet text messages.
- 2. Quality Time.** Love and affection are expressed when your partner offers you their undivided attention, including making eye contact, actively listening, and limiting distractions. You enjoy time spent together where both you and your partner are present and focused.
- 3. Physical Touch.** Physical touch is your primary love language, and you feel loved when your partner shows affection by holding your hand, touching your arm, giving you a massage, or offering hugs. Your perfect date might include cuddling on the couch while watching a movie.
- 4. Acts of Service.** You feel loved and appreciated when others do things for you. Whether it's folding laundry or cleaning up the kitchen after dinner, you feel loved when people engage in actions or behaviors that help you.
- 5. Receiving Gifts.** You treasure gifts, as well as the time and effort the gift giver put into getting or making the gift. When your partner takes the time to pick out a gift specifically for you, it communicates that they really know you.

Ideally, you and your partner will want to express love in a way that's meaningful to the other person. The purpose of learning each other's love language is loving each other in ways that strengthen the relationship. Love languages can shift and change, and the key is to regularly communicate and ask what your partner needs from you. Then, put their needs into practice when you express love to them.

Speaking your partner's love language takes a bit of effort, but you will improve your

relationship by putting what you learn into practice. This worksheet will help you and your partner identify your love languages.

## What to Do

Make a copy of this worksheet so you and your partner can fill it in. Then, read each pair of statements and circle the one that best describes you out of each pair.

A) I like to receive love notes from you.

E) I like it when you hug me.

B) I like to spend one-on-one time with you.

D) I feel loved when you give me practical help.

C) I like it when you give me gifts.

B) I like taking long walks with you.

D) I feel loved when you do things to help me.

E) I feel loved when you hug or touch me.

E) I feel loved when you hold me in your arms.

C) I feel loved when you surprise me with a gift.

B) I like to go places with you.

E) I like to hold hands with you.

A) I feel loved when you acknowledge me.

C) Tangible symbols of love (gifts) are very important to me.

E) I like to sit close to you.

A) I like it when you tell me that I am attractive.

B) I like to spend time with you.

C) I like to receive little gifts from you.

D) I know you love me when you help me.

A) Your words of acceptance are important to me.

B) I like to be together when we do things.

A) I like the kind words you say to me.

E) I feel whole when we hug.

D) What you do affects me more than what you say.

- A) I value your praise and try to avoid your criticism.
- C) Several inexpensive gifts mean more to me than one large expensive gift.
- E) I feel closer to you when you touch me.
- B) I feel close when we are talking or doing something together.
- A) I like you to compliment my achievements.
- D) I know you love me when you do things for me that you don't enjoy doing.
- E) I like for you to touch me when you walk by.
- B) I like when you listen to me sympathetically.
- C) I really enjoy receiving gifts from you.
- D) I feel loved when you help me with home projects.
- A) I like when you compliment my appearance.
- B) I feel loved when you take the time to understand my feelings.
- E) I feel secure when you are touching me.
- D) Your acts of service make me feel loved.
- D) I appreciate the many things you do for me.
- C) I like receiving gifts that you make.
- B) I really enjoy the feeling I get when you give me your undivided attention.
- D) I really enjoy the feeling I get when you do things for me.
- C) I feel loved when you celebrate my birthday with a gift.
- A) I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
- D) I feel loved when you help me out with household tasks.
- C) I know you are thinking of me when you give me a gift.
- C) I appreciate it when you remember special days with a gift.
- B) I appreciate it when you listen patiently and don't interrupt me.
- B) I enjoy taking trips with you.
- D) I like to know that you are concerned enough to help me with my daily tasks.
- E) Kissing me unexpectedly makes me feel loved.
- C) Giving me a gift for no reason makes me feel loved.
- A) I like to be told that you appreciate me.
- B) I like for you to look at me when we are talking.

C) Your gifts are always special to me.

E) I feel loved when you kiss me.

A) I feel loved when you tell me how much you appreciate me.

D) I feel loved when you enthusiastically do a task I have requested.

E) I need to be hugged by you every day.

A) I need your loving words daily.

Add up the total number of answers for each letter:

A \_\_\_\_ Words of Affirmation

B \_\_\_\_ Quality Time

C \_\_\_\_ Receiving Gifts

D \_\_\_\_ Acts of Service

E \_\_\_\_ Physical Touch

Now, compare your scores with your partner's scores. Write down the highest score for each of you.

What is your primary love language? \_\_\_\_\_

What is your partner's primary love language? \_\_\_\_\_

Did your partner's answers surprise you? Why or why not?

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What can you do to better speak your partner's love language? Be specific.

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What would you like your partner to do to better speak your love language? Be specific.

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Write down some ways the two of you can work together to express love and affection in ways that are meaningful to the both of you.

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### Reflection on This Exercise

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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More information: <https://www.5lovelanguages.com/>  
Adapted from *The 5 Love Languages* (reprint ed., 2015), by Dr. Gary Chapman. Northfield Publishing.