



The Love Language Quiz: Dr. Gary Chapman

1.	I like to receive love notes from my spouse/partner. I like to be hugged by my spouse/partner.	A E
2.	I like to spend one-to-one time with my spouse/partner. I feel loved when my spouse/partner gives practical help to me.	B D
3.	I like it when my spouse/partner gives me gifts. I like leisurely visits and long trips with my spouse/partner.	C B
4.	I feel loved when my spouse/partner does things to help me. I feel loved when my spouse/partner touches me.	D E
5.	I feel loved when my spouse/partner puts his arm around me. I feel loved when my spouse/partner surprises me with a gift.	E C
6.	I like to go almost anywhere with my spouse/partner. I like to hold hands with my spouse/partner.	B E
7.	Visible symbols of love (gifts) are very important to me. I feel loved when my spouse/partner tells me he/she loves me.	C A
8.	I like to sit close to my spouse/partner. I like for my spouse/partner to tell me I am attractive.	E A
9.	I like to spend time with my spouse/partner. I like to receive little gifts from my spouse/partner.	B C
10.	Words of acceptance, especially from my spouse/partner, are important to me. I know my spouse/partner loves me when he/she helps me.	A D
11.	I like being together and doing things with my spouse/partner. I like it when my spouse/partner speaks kind words to me.	B A
12.	What my spouse/partner does affects me more than what he/she says. Hugs make me feel connected to and valued by my spouse/partner.	D E
13.	I value praise from my spouse/partner. Small, meaningful gifts from my spouse/partner shows me how much he/she cares.	A C
14.	I feel close to my spouse/partner when we are talking or doing something together. I feel closer to my spouse/partner when he/she touches me often.	B E
15.	I like for my spouse/partner to compliment my achievements. I know my spouse/partner loves me when he/she helps me with something he/she hates.	A D
16.	I like to be touched as my spouse/partner walks by. I like it when my spouse/partner shows genuine interest in what I am saying.	E B
17.	I feel loved when my spouse/partner helps me with jobs or projects. I really enjoy receiving gifts from my spouse/partner.	D C

18.	I like for my spouse/partner to compliment my appearance. I feel loved when my spouse/partner d takes time to understand my feelings.	A B
19.	I feel secure when my spouse/partner is touching me. When my spouse/partner runs errands for me, it makes me feel loved.	E D
20.	I appreciate the many things that my spouse/partner does for me. I like the thoughtful gifts that my spouse/partner makes for me.	D C
21.	I really enjoy the feeling I get when my spouse/partner gives me undivided attention. I really enjoy the feeling I get when my spouse/partner cleans the house for me.	B D
22.	I feel loved when my spouse/partner celebrates my birthday with a gift. I feel loved when my spouse/partner tells me how important I am to him/her.	C A
23.	I know my spouse/partner is thinking of me when he/she gives me a gift. I feel loved when my spouse/partner helps with my chores.	C D
24.	I appreciate it when my spouse/partner listens patiently and doesn't interrupt me. I never get tired of receiving gifts from my spouse/partner.	B C
25.	I like knowing my spouse/partner is concerned enough to help with my daily tasks. I enjoy taking trips with my spouse/partner, no matter where we go.	D B
26.	I enjoy kissing & cuddling with my spouse/partner. I enjoy surprise gifts from my spouse/partner.	E C
27.	My spouse/partner's encouraging words give me confidence. I like to watch movies with my spouse/partner.	A B
28.	Gifts from my spouse/partner are always special to me. I love it when my spouse/partner can't keep his/her hands off me.	C E
29.	I feel loved when my spouse/partner enthusiastically helps me despite being busy. I feel loved when my spouse/partner tells me how much I am appreciated.	D A
30.	I love hugging and kissing my spouse/partner after we've been apart for a while. I love hearing my spouse/partner tell me that he/she missed me.	E A

Count the number of times you wrote down each letter. One of them should seem more dominant than the others. That one will be your love language!!

Number of **A's**_____

Mostly **A's**: **Words of Affirmation**

Number of **B's**_____

Mostly **B's**: **Quality Time**

Number of **C's**_____

Mostly **C's**: **Receiving Gifts**

Number of **D's**_____

Mostly **D's**: **Acts of Service**

Number of **E's**_____

Mostly **E's**: **Physical Touch**