

HOW TO USE THE FIVE LOVE LANGUAGES

Profile

Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, or Physical Touch? Which of these is your primary love language? The following profile will help you know for sure. Then you and your spouse can discuss your respective love languages and use this information to improve your marriage!

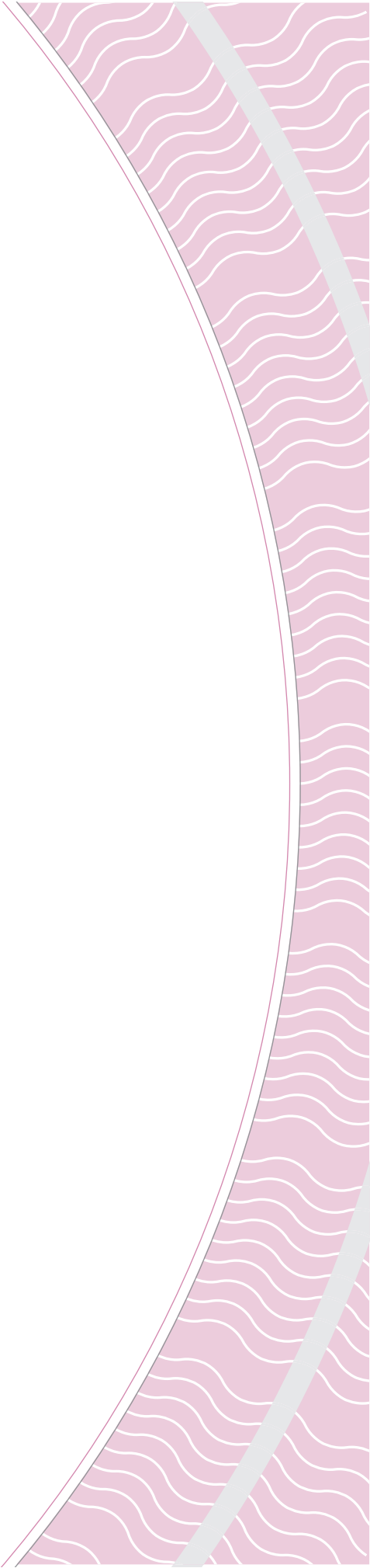
The profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements and then circle the letter that matches the statement you choose. It may be tough at times to decide between two statements, but you should only choose one per pair to ensure the most accurate profile results. Once you've finished making your selections, go back and count the number of times you circled each individual letter. List the results in the appropriate spaces at the end of the profile. Your primary love language is the one that receives the most points.

Take the profile when you are relaxed and not pressed for time. Do not take the profile immediately after a disagreement with your spouse. Choose a time when you are in a fairly good mood and have a sincere desire to learn something about yourself which may enhance the emotional climate of your marriage.

THE FIVE LOVE LANGUAGES

Profile

- | | |
|---|--------|
| 1. I like to receive notes of affirmation from my spouse.
I like it when my spouse hugs me. | A
E |
| 2. I like to be alone with my spouse.
I feel loved when my spouse gives practical help to me. | B
D |
| 3. Receiving special gifts from my spouse makes me happy.
I enjoy long trips with my spouse. | C
B |
| 4. I feel loved when my spouse does things to help me.
I feel loved when my spouse touches me. | D
E |
| 5. I feel loved when my spouse puts his/her arm around me.
I know my spouse loves me because he/she surprises me with gifts. | E
C |
| 6. I like going most anywhere with my spouse.
I like to hold my spouse's hand. | B
E |
| 7. I value the gifts my spouse gives me.
I love to hear my spouse say he/she loves me. | C
A |
| 8. I like for my spouse to sit close to me.
My spouse tells me I look good, and I like that. | E
A |
| 9. Spending time with my spouse makes me happy.
Even the smallest gift from my spouse is important to me. | B
C |
| 10. I feel loved when my spouse tells me he/she is proud of me.
I know my spouse loves me when he/she helps me. | A
D |

- 
- | | |
|--|--------|
| 11. No matter what we do, I love doing things with my spouse.
Supportive comments from my spouse make me feel good. | B
A |
| 12. Little things my spouse does for me mean more than things he/she says.
I love to hug my spouse. | D
E |
| 13. My spouse's praise means a lot to me.
It means a lot to me that my spouse gives me gifts I really like. | A
C |
| 14. Just being around my spouse makes me feel good.
I love it when my spouse touches me often. | B
E |
| 15. My spouse's reactions to my accomplishments are so encouraging.
It means a lot when my spouse helps with something I know he/she hates. | A
D |
| 16. I never get tired of my spouse's kisses.
I love that my spouse shows real interest in things I like to do. | E
B |
| 17. I can count on my spouse to help me with projects.
I still get excited when opening a gift from my spouse. | D
C |
| 18. I love for my spouse to compliment my appearance.
I love that my spouse listens to me and respects my ideas. | A
B |
| 19. I can't help but touch my spouse when he/she is close by.
My spouse sometimes runs errands for me, and I appreciate that. | E
D |
| 20. My spouse deserves an award for all the things he/she does to help me.
I'm sometimes amazed at how thoughtful my spouse's gifts to me are. | D
C |
| 21. I love having my spouse's undivided attention.
It makes me feel good when my spouse does some act of service for me. | B
D |
| 22. I look forward to seeing what my spouse gives me for my birthday.
I never get tired of hearing my spouse tell me I am important to him/her. | C
A |
| 23. My spouses lets me know he/she loves me by giving me gifts.
My spouse shows love by helping me without me having to ask. | C
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. C
27. My spouse's encouraging words give me confidence. A
I love to watch movies with my spouse. B
28. I couldn't ask for any 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 my spouse tells me he/she appreciates me. A
30. I love hugging and kissing my spouse after we've been apart for awhile. E
I love hearing my spouse tell me he/she believes in me. A

A: _____ B: _____ C: _____ D: _____ E: _____

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

INTERPRETING AND USING YOUR PROFILE

Score

Your primary love language is the one that received the highest score. You are “bilingual” and have two primary love languages if point totals are equal for any two love languages. If your second highest scoring love language is close in score but not equal to your primary love language, then this simply means both expressions of love are important to you. The highest possible score for any one love language is 12.

You may have scored certain love languages more highly than others, but do not dismiss those other languages as insignificant. Your spouse may express love in those ways, and it will be helpful to you to understand this about him or her. In the same way, it will benefit your spouse to know your love language and express affection for you in ways you interpret as love. Every time you or your spouse speak each other’s language, you score emotional points with one another. Of course, this isn’t a game with a scorecard! 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.