

Love Languages for Life

Keys to Happy & Harmonious Relationships

For each pair of the following statements, circle the one that best describes you . . .

- I like to receive encouraging or affirming notes A
I like to be hugged E
- I like to spend one-to-one time with close friends and family B
I feel loved when someone gives me practical help D
- I like it when people give me gifts C
I like leisurely visits with friends and loved ones B
- I feel loved when people do things to help me D
I feel loved when people give me a reassuring handshake or hug E
- I feel loved when someone I love or admire puts their arm around me E
I feel loved when I receive a gift from someone I admire or love C
- I like to go places with friends or loved ones B
I like to high-five or slap around with friends who are special to me E
- Visible symbols of love (such as gifts) are important to me C
I feel loved when people affirm me A
- I like to sit close to people I enjoy being around E
I like it when people tell me I'm attractive/handsome A
- I like to spend time with friends and loved ones B
I like to receive little gifts from friends and loved ones C
- Words of acceptance are important to me A
I know someone loves me when he or she helps me D
- I like being together and doing things with friends & loved ones B
I like it when kind words are spoken to me A
- What someone does affects me far more than what they say D
Hugs make me feel connected and valued E
- I value praise and try to avoid criticism A
Several small gifts mean more to me than one large gift C
- I feel close to someone when we are talking or doing something together B
I feel closer to friends & loved ones when we wrestle, hug or shake hands E
- I like for people to compliment my achievements A
I know people love me when they do things for me they don't enjoy doing D
- I like for people to cross the street to shake hands or hug when they see me E
I like when people listen to me & show genuine interest in what I'm saying B
- I feel loved when friends and loved ones help me with jobs or projects D
I really enjoy receiving gifts from friends and loved ones C

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| 18. I like for people to compliment my appearance | A |
| I feel loved when people take time to understand my feelings | B |
| 19. I feel secure when a special person is physically close to me | E |
| Acts of service make me feel loved | D |
| 20. I appreciate the many things that special people do for me | D |
| I like to receive gifts that special people make for me | C |
| 21. I really enjoy the feeling I get when someone gives me undivided attention | B |
| I really enjoy the feeling I get when someone does some act to serve me | D |
| 22. I feel loved when a person celebrates my birthday with a gift | C |
| I feel loved when a person celebrates my birthday with meaningful words | A |
| 23. I know a person is thinking of me when they give me a gift | C |
| I feel loved when a person helps me with my chores or tasks | D |
| 24. I appreciate it when someone listens patiently and doesn't interrupt me | B |
| I appreciate it when someone remembers special days with a gift | C |
| 25. I like knowing loved ones are concern enough to help with my daily tasks | D |
| I enjoy extended trips with someone who is special to me | B |
| 26. I don't mind the "kiss-hello" with friends I am close to | E |
| Receiving a gift given for no special reason excites me | C |
| 27. I like to be told that I am appreciated | A |
| I like for a person to look at me when they are talking | B |
| 28. Gifts from a friend or loved one are always special to me | C |
| I feel good when a friend or loved one hugs or touches me | E |
| 29. I feel loved when a person enthusiastically does some task I have requested | D |
| I feel loved when I am told how much I am appreciated | A |
| 30. I need physical contact with people everyday E | |
| I need words of encouragement and affirmation every day | A |

Count how many "A, B, C, D and E's" you circled and write the number in below.

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

Which letter has your highest score? It will represent your primary love language:

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

<http://www.5lovelanguages.com/profile/>

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What Makes You Feel the Most Loved?

What if you could say or do just the right thing guaranteed to make others feel loved, respected and appreciated? The secret is understanding both your love language and learning theirs. Whether it is your colleagues, family, children or friends, understanding love languages will take your communication skills to a new level of connection, intimacy, and understanding.

These excerpts and further reading on “the 5 Love Languages” can be found in the in the book “The 5 Love Languages: The Secret to Love That Lasts” by Dr. Gary Chapman or at <http://www.5lovelanguages.com/>.

1. Words of Affirmation

One of your deepest needs is the need to feel appreciated. Verbal compliments, words of appreciation, encouragement, kind and humble words are all ways to show love to you. Actions don’t always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward. **Note:** Insults can leave you shattered and are not easily forgotten.

How to Communicate	Actions to Take	Things to Avoid
<ul style="list-style-type: none"> ▪ Encourage ▪ Affirm ▪ Appreciate ▪ Empathize ▪ Positive ▪ Kindness ▪ Engage ▪ Listen actively 	<ul style="list-style-type: none"> ▪ Sincere compliments ▪ Show appreciation ▪ Cards, notes ▪ Demonstrate interest ▪ Acknowledge ▪ Say “I Love You” ▪ Catch them doing things right 	<ul style="list-style-type: none"> ▪ Non-Constructive Criticism ▪ Lack of Appreciation ▪ Dismissing their Opinion ▪ Condescension ▪ Sarcasm ▪ Interrupting ▪ Nagging ▪ Insults can be shattering

2. Quality Time

You enjoy doing things TOGETHER! We aren’t talking about just sitting in front of the T.V. together but giving each other undivided attention. This means looking at each other, talking to each other, sharing your life with your partner. For those whose love language is shown with Quality Time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, truly being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. **Note:** Distractions, postponed dates, or the failure to listen can be especially hurtful.

How to Communicate	Actions to Take	Things to Avoid
<ul style="list-style-type: none"> ▪ Uninterrupted and focused conversations ▪ One-on-one time is critical ▪ Giving undivided attention ▪ Make them a priority 	<ul style="list-style-type: none"> ▪ Create special moments together ▪ Take walks ▪ Reflective listening ▪ Weekend getaways ▪ Shared hobbies and activities ▪ Full engagement 	<ul style="list-style-type: none"> ▪ Distractions when spending time together ▪ Failure to listen ▪ Postponed dates ▪ Long stints without one-on-one time

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3. Receiving Gifts

You are happy to receive things from your loved ones. They don't have to be expensive. The gift symbolizes they are thinking about you. Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, cared for, and are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous.

How to Communicate	Actions to Take	Things to Avoid
<ul style="list-style-type: none"> ▪ Thoughtfulness ▪ Consideration ▪ Speak purposefully ▪ Gestures of generosity 	<ul style="list-style-type: none"> ▪ Give thoughtful gifts and gestures ▪ Small things matter in a big way ▪ Express gratitude when receiving 	<ul style="list-style-type: none"> ▪ Forgetting special occasions ▪ Unenthusiastic gift receiving ▪ Lack of gratitude

4. Acts of Service

For you, actions speak louder than words! You prefer your partner to do things for you such as cooking a meal, giving a massage, cleaning the room... You like your partner to initiate the acts of service and put efforts into doing them to show that they care. Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most wants to hear: "Let me do that for you." **Note:** Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

How to Communicate	Actions to Take	Things to Avoid
<ul style="list-style-type: none"> ▪ Thoughtfulness ▪ They want to know you are partnered with them ▪ Use action phrase like, "How may I help you?" 	<ul style="list-style-type: none"> ▪ Go out of your way to surprise others with considerate acts ▪ Do chores together ▪ Ease the burden of responsibilities ▪ Serve w/o expecting anything in return 	<ul style="list-style-type: none"> ▪ Laziness ▪ Broken commitments ▪ Taking them for granted ▪ Not appreciating their efforts

5. Physical Touch

You love to receive a hug, a kiss, squeezes on the shoulder, a pat on the back, a touch of the face, and an arm around the waist... they can all be ways to show excitement, concern, care, and love. Touches can be ten times as powerful and comforting as any words! A person whose primary language is Physical Touch is, not surprisingly, very touchy. **Note:** Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

How to Communicate	Actions to Take	Things to Avoid
<ul style="list-style-type: none"> ▪ Use body language and touch to emphasize love ▪ Non-verbal 	<ul style="list-style-type: none"> ▪ Hug, kiss, hold hands ▪ Show physical affection regularly ▪ Make intimacy a thoughtful priority 	<ul style="list-style-type: none"> ▪ Physical neglect or abuse ▪ Long stints without intimacy ▪ Receiving affection coldly