

THE FIVE LOVE LANGUAGES PROFILE

(based on *The Five Love Languages* by Gary Chapman, published by Northfield, 1992)

For each number (1-30) choose which of the 2 statements is **most true** for you and circle the 'X':

	A	B	C	D	E
1. I like to receive encouraging notes from you I like it when you hug me	X				X
2. I like to spend one-to-one time with you I feel loved when you give me practical help		X		X	
3. I like it when you give me presents I like taking long walks with you		X	X		
4. I feel loved when you do things to help me I feel loved when you touch me				X	X
5. I feel loved when you hold me in your arms I feel loved when I receive a present from you			X		X
6. I like going somewhere with just you I like holding your hand		X			X
7. Visible symbols of love (presents) are very important to me I feel loved when you affirm me	X		X		
8. I like to sit close to you I like you to tell me I am attractive / handsome	X				X
9. I like to spend time with you I like to receive small presents from you		X	X		
10. Your words of acceptance are important to me I know you love me when you help me	X			X	
11. I like to be together when we do things I like the kind words you say to me	X	X			
12. What you do affects me more than what you say I feel whole when we hug				X	X
13. I value your compliments and try to avoid your criticism... Several inexpensive presents from you mean more to me than one large present	X		X		
14. I feel close when we are talking or doing something together I feel closer to you when you touch me often		X			X
15. I like you to compliment my achievements I know you love me when you do things for me that you don't enjoy doing	X			X	
16. I like you to touch me when you walk by I like it when you listen to me sympathetically .		X			X
17. I feel loved when you help me with jobs around the house. I really enjoy receiving presents from you			X	X	
18. I like you to compliment me on my appearance I feel loved when you take time to understand my feelings	X	X			
19. I feel secure when you are touching me Your kind actions make me feel loved				X	X
20. I appreciate the many things you do for me I like receiving presents that you make			X	X	

	A	B	C	D	E
21. I really enjoy the feeling I get when you give me your undivided attention I really enjoy the feeling I get when you do something practical for me		X		X	
22. I feel loved when you celebrate my birthday with a present I feel loved when you celebrate my birthday with meaningful words (written or spoken)	X		X		
23. I know you are thinking of me when you give me a present I feel loved when you help me out with my chores			X	X	
24. I appreciate it when you listen patiently and don't interrupt me I appreciate it when you remember special occasions with a present		X	X		
25. I like to know you are concerned enough to help with my daily chores I enjoy extended trips with you		X		X	
26. Kissing me unexpectedly excites me Giving me a present when it's not a special occasion excites me			X		X
27. I like to be told that you appreciate me I like you to look at me when we are talking	X	X			
28. Your presents are always special to me I feel good when you are touching me			X		X
29. I feel loved when you enthusiastically do some task I have requested I feel loved when you tell me how much you appreciate me	X			X	
30. I need to be touched everyday I need your encouraging words daily	X				X
Total each column (All 5 columns should equal 30)					

A = Loving Words C = Receiving Presents E = Physical Touch
B = Quality Time D = Kind Actions

HOW TO INTERPRET YOUR PROFILE SCORE

Your highest score indicates your primary 'love language'. Your second highest scored indicates your secondary love language. If two scores are identical, you are bilingual (you have two primary love languages). If the scores of your primary language and your secondary language are close (for example, 10 and 9 respectively), it indicates both are important to you. Whatever your spouse does to express love in either of these languages will gain emotional points with you. The highest possible score for any one love language is 12.

Having a clear picture of your primary and secondary love languages will explain much of your past behaviour. Think back over the past and ask yourself, 'What have I most often requested from my spouse?' The chances are your answer will lie within the scope of your primary and secondary love languages. You have been requesting that which would meet your need to feel loved. If your requests came across as nagging or criticising, they might have driven your spouse away.