

The Five Love Languages Quiz

Select the one you prefer most of your two options, the one that fits the best right now.

- I like to receive notes of affirmation.
I like to be hugged. A
E
- I like to spend one-to-one time with a person who is special to me.
I feel loved when someone gives practical help to me. B
D
- I like it when people give me gifts.
I like leisurely visits with friends and loved ones. C
B
- I feel loved when people do things to help me.
I feel loved when people touch me. D
E
- I feel loved when someone I love or admire puts his or her arm around me.
I feel loved when I receive a gift from someone I love or admire. E
C
- I like to go places with friends and loved ones.
I like to high-five or hold hands with people who are special to me. B
E
- Visible symbols of love (gifts) are very important to me.
I feel loved when people affirm me. C
E
- I like to sit close to people whom I enjoy being around.
I like for people to tell me I am beautiful/handsome. E
A
- I like to spend time with friends and loved ones.
I like to receive little gifts from friends and loved ones. B
C
- Words of acceptance are important to me.
I know someone loves me when he or she helps me. A
D
- I like being together and doing things with friends and loved ones.
I like it when kind words are spoken to me. B
A
- What someone does affects me more than what he or she says.
Hugs make me feel connected and valued. D
E
- I value praise and try to avoid criticism.
Several small gifts mean more to me than one large gift. A
C
- I feel close to someone when we are talking or doing something together.
I feel closer to friends and loved ones when they touch me often. B
E
- I like for people to compliment my achievements.
I know people love me when they do things for me that they don't enjoy doing. A
D
- I like to be touched as friends and loved ones walk by.
I like it when people listen to me and show genuine interest in what I am saying. E
B
- I feel loved when friends and loved ones help me with jobs or projects.
I really enjoy receiving gifts from friends and loved ones. D
C

- I like for people to compliment my appearance.
I feel loved when people take time to understand my feelings. A
B
- I feel secure when a special person is touching me.
Acts of service make me feel loved. E
D
- I appreciate the many things that special people do for me.
I like receiving gifts that special people make for me. D
C
- I really enjoy the feeling I get when someone gives me undivided attention.
I really enjoy the feeling I get when someone helps me make decisions. B
D
- I feel loved when a person celebrates my birthday with a gift.
I feel loved when a person celebrates my birthday with meaningful words. C
A
- I know a person is thinking of me when he or she gives me a gift.
I feel loved when a person helps with my chores. C
D
- I appreciate it when someone listens patiently and doesn't interrupt me.
I appreciate it when someone remembers special days with a gift. B
C
- I like knowing loved ones are concerned enough to help with my daily tasks.
I enjoy extended trips with someone who is special to me. D
B
- I enjoy kissing or being kissed by people with whom I am close.
I enjoy receiving a gift given for no special reason. E
C
- I like to be told that I am appreciated.
I like for a person to look at me when we are talking. A
B
- Gifts from a friend or loved one are always special to me.
I feel good when a friend or loved one touches me. C
E
- I feel loved when a person enthusiastically does some task I have requested.
I feel loved when I am told how much I am needed. D
A
- I need to be touched every day.
I need words of encouragement daily. E
A

Totals: A: B: C: D: E:

A. Words of Affirmation

B. Quality Time

C. Receiving Gifts

D. Acts of Service

E. Physical Touch