

Love Languages Assessment Test

(Derived from Gary Chapman's *The Five Languages of Love*)

Within each group, rate each sentence 1-5 according to what would make you feel most appreciated and loved. The number 5 represents what you would most appreciate; number 1, in contrast is what you least appreciate in each group. You may only use each number once in any particular group.

Group One

A___ Your spouse says, "You did a great job on that. I appreciate it."

B___ Your spouse unexpectedly does something in or around the house or your room that you appreciate.

C___ Your spouse brings you a surprise treat from the store.

D___ Your spouse invites you on a leisurely walk just to chat.

E___ Your spouse makes a point to embrace and/or kiss you before leaving the house.

Group Two

A___ Your spouse tells you how much he or she appreciates you.

B___ Your spouse volunteers to do the dishes (or wash the car) for you and encourages you to relax.

C___ Your spouse brings flowers (or special food treat) for you just because he/she cares for you.

D___ Your spouse invites you to sit down and talk about your day.

E___ Your spouse enjoys receiving a hug even when you are just passing from room to room.

Group Three

A___ Your spouse during a party shares about a recent success you had.

B___ Your spouse does one of your chores.

C___ Your spouse surprises you with an unexpected gift.

D___ Your spouse surprises you with a special afternoon trip.

E___ Your spouse holds your hand as you walk through the mall or stands by your side with an arm around your shoulder at a public event.

Group Four

A___ Your spouse praises you about one of your special qualities.

B___ Your spouse brings you breakfast in bed.

C___ Your spouse surprises you with a membership to something you have always wanted.

D___ Your spouse plans a special night out for the two of you.

E___ Your spouse will personally drive you to an event instead of you having to go on the old, crowded bus with the rest of the group.

Group Five

A___ Your spouse tells you how much his/her friends appreciate you.

B___ Your spouse takes the time to fill out the long complicated applications that you had hoped to get to this evening.

C___ Your spouse sends you something special through the mail.

D___ Your spouse kidnaps you for lunch and takes you to your favorite restaurant.

E___ Your spouse gives you a massage/back scratch.

(Transfer your scores from your test questions to this score sheet.)

Score Sheet

Group 1 A___ B___ C___ D___ E___

Group 2 A___ B___ C___ D___ E___

Group 3 A___ B___ C___ D___ E___

Group 4 A___ B___ C___ D___ E___

Group 5 A___ B___ C___ D___ E___

Totals **A___** **B___** **C___** **D___** **E___**

A: Encouraging Words/Words of Affirmation

B: Acts of Service

C: Gift-Giving/Receiving Gifts

D: Quality Time

E: Physical Touch

Write down, from the primary to the least of the love languages, how you and you spouse (or child, parent, friend, etc.) scored.

You:

1. _____
2. _____
3. _____
4. _____
5. _____

Spouse:

1. _____
2. _____
3. _____
4. _____
5. _____