

The 5 Love Languages Profile

Please select the statement that best defines what is most meaningful to you in your relationship as a couple. This will give you a thorough analysis of your emotional communication preference. Complete the profile online 5lovelanguages.com/profile or on the app, 5 Love Languages.

It's more meaningful to me when...

1	I receive a loving note/text/email for no special reason from my loved one.	A
	We share a hug.	E
2	I can spend alone time with them - just the two of us.	B
	They do something practical to help me out.	D
3	They give me a little gift as a token of our love for each other.	C
	I get to spend uninterrupted leisure time with them.	B
4	They unexpectedly do something for me like filling my car or doing the laundry.	D
	We touch.	E
5	They put an arm around me when we are in public.	E
	They surprise me with a gift.	C
6	Being around them, even if we're not really doing anything.	B
	We hold hands.	E
7	My loved one gives me a gift.	C
	I hear "I love you" from them.	A

It's more meaningful to me when...

8	I sit close to them.	E
	I am complimented by them for no apparent reason.	A
9	I get the chance to just "hang out" with them.	B
	I unexpectedly get some gifts from them.	C
10	I hear them tell me, "I'm proud of you".	A
	They help me with a task.	D
11	I get to do things with them.	B
	I hear supportive words from them.	A
12	They do things for me instead of just talking about nice things.	D
	I feel connected to them through a hug.	E
13	I hear praise from them.	A
	They give me something that shows they were really thinking about me.	C
14	I'm able to just be around them.	B
	I get a back rub or massage from them.	E
15	They react positively to something I've accomplished.	A
	They do something for me that I know they don't particularly enjoy.	D

It's more meaningful to me when...

16	We kiss frequently	E
	I sense they are showing interest in the things I care about.	B
17	My loved one works on special projects with me that I have to complete.	D
	They give me an exciting gift.	C
18	They compliment me on my appearance.	A
	They take the time to listen to me and really understand my feelings.	B
19	We share nonsexual touch in public.	E
	They offer to run errands for me.	D
20	They do a bit more than their normal share of the responsibilities we share (around the house, work-related, etc.)	D
	I get a gift that I know he put thought into choosing.	C
21	They don't check their phone while we're talking.	B
	They go out of their way to do something that relieves pressure on me.	D
22	I can look forward to a holiday because of a gift I anticipate receiving.	C
	I hear the words "I appreciate you" from them.	A
23	They bring me a little gift after they have been traveling without me.	C
	They take care of something I'm responsible to do but I feel too stressed to do at the time.	D

It's more meaningful to me when...

24	They don't interrupt me when I'm talking.	B
	Gift giving is an important part of our relationship.	C
25	They help me out when they know I'm already tired.	D
	I get to go somewhere while spending time with them.	B
26	We are physically intimate.	E
	They give me a little gift they picked up in the course of their normal day.	C
27	They say something encouraging to me.	A
	I get to spend time in a shared activity or hobby with them.	B
28	They surprise me with a small token of their appreciation.	C
	We touch a lot during the normal course of the day.	E
29	They help me out - especially if I know they're already busy.	D
	I hear him specifically tell me, "I appreciate you".	A
30	We embrace after we've been apart for a while.	E
	I hear them say how much I mean to them.	A

Look back through the letters you have circled and record the number of responses in the spaces below;

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

A = Words of Affirmation. B= Quality Time. C = Receiving Gifts.

D = Acts of Service. E= Physical Touch.



Lifestyle Tradie

the freedom to choose..