

The Five Love Languages Test

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Instructions:

Read each statement carefully.

Choose the option (A, B, C, D, or E) that most closely aligns with your feelings or preferences.

Be honest with your responses for the most accurate results.

1. When my partner compliments me or gives me words of affirmation, I feel:

- A) Deeply loved and appreciated.
- B) Happy and acknowledged.
- C) Warm and cherished.
- D) Connected and valued.
- E) Encouraged and reassured.

2. When my partner helps me with tasks or responsibilities, I feel:

- A) Supported and cared for.
- B) Grateful and relieved.
- C) Touched and special.
- D) Closer and understood.
- E) Loved and secure.

3. Receiving unexpected gifts or thoughtful surprises from my partner makes me feel:

- A) Loved and treasured.
- B) Surprised and delighted.
- C) Excited and appreciated.
- D) Closer and understood.
- E) Special and cared for.

4. Spending quality time with my partner, just the two of us, makes me feel:

- A) Loved and connected.
- B) Happy and content.
- C) Special and cherished.

D) Closer and understood.

E) Safe and secure.

5. Physical touch and affectionate gestures from my partner make me feel:

A) Loved and adored.

B) Warm and comforted.

C) Special and desired.

D) Closer and understood.

E) Safe and emotionally connected.

6. When my partner writes me a heartfelt letter or leaves sweet notes, I feel:

A) Loved and emotionally touched.

B) Appreciated and valued.

C) Special and cherished.

D) Closer and understood.

E) Encouraged and reassured.

7. Acts of service from my partner, such as cooking a meal or running errands, make me feel:

A) Loved and cared for.

B) Supported and helped.

C) Touched and appreciated.

D) Closer and understood.

E) Loved and secure.

8. Receiving meaningful and sentimental gifts from my partner makes me feel:

A) Loved and understood.

B) Thought of and cherished.

C) Excited and loved.

D) Closer and valued.

E) Special and emotionally connected.

9. When my partner plans surprises or special outings for us, I feel:

A) Loved and valued.

B) Excited and grateful.

C) Special and adored.

D) Closer and understood.

E) Safe and cherished.

10. Spending quality time with my partner, doing activities we both enjoy, makes me feel:

- A) Loved and connected.
- B) Happy and content.
- C) Special and cherished.
- D) Closer and understood.
- E) Safe and secure.

11. When my partner gives me a hug or holds my hand, I feel:

- A) Loved and affectionate.
- B) Comforted and secure.
- C) Special and desired.
- D) Closer and understood.
- E) Loved and emotionally connected.

12. Verbal expressions of love and compliments from my partner make me feel:

- A) Loved and appreciated.
- B) Happy and acknowledged.
- C) Warm and cherished.
- D) Closer and valued.
- E) Encouraged and reassured.

13. When my partner helps with household chores or tasks, I feel:

- A) Supported and cared for.
- B) Grateful and relieved.
- C) Touched and special.
- D) Closer and understood.
- E) Loved and secure.

14. Receiving small and thoughtful gifts from my partner makes me feel:

- A) Loved and treasured.
- B) Surprised and delighted.
- C) Excited and appreciated.
- D) Closer and understood.
- E) Special and cared for.

15. When my partner dedicates undivided attention to listen and engage with me, I feel:

- A) Loved and connected.
- B) Happy and valued.
- C) Special and cherished.
- D) Closer and understood.
- E) Safe and secure.

16. Physical touch and affectionate gestures from my partner make me feel:

- A) Loved and adored.
- B) Warm and comforted.
- C) Special and desired.
- D) Closer and understood.
- E) Safe and emotionally connected.

17. When my partner expresses love and appreciation through text messages or calls, I feel:

- A) Loved and emotionally touched.
- B) Appreciated and valued.
- C) Special and cherished.
- D) Closer and understood.
- E) Encouraged and reassured.

18. Acts of service from my partner, such as making breakfast or helping with chores, make me feel:

- A) Loved and cared for.
- B) Supported and helped.
- C) Touched and appreciated.
- D) Closer and understood.
- E) Loved and secure.

19. When my partner surprises me with unexpected gifts, I feel:

- A) Loved and understood.
- B) Thought of and cherished.
- C) Excited and loved.
- D) Closer and valued.
- E) Special and emotionally connected.

20. Spending quality time with my partner, having meaningful conversations, makes me feel:

- A) Loved and connected.
- B) Happy and content.
- C) Special and cherished.
- D) Closer and understood.
- E) Safe and secure.

21. Physical touch, such as holding hands or cuddling, makes me feel:

- A) Loved and affectionate.
- B) Comforted and secure.
- C) Special and desired.
- D) Closer and understood.
- E) Loved and emotionally connected.

22. When my partner gives me compliments and praises, I feel:

- A) Loved and appreciated.
- B) Happy and acknowledged.
- C) Warm and cherished.
- D) Closer and valued.
- E) Encouraged and reassured.

23. Acts of service from my partner, such as helping with household chores, make me feel:

- A) Supported and cared for.
- B) Grateful and relieved.
- C) Touched and special.
- D) Closer and understood.
- E) Loved and secure.

24. When my partner surprises me with small gifts or tokens of affection, I feel:

- A) Loved and treasured.
- B) Surprised and delighted.
- C) Excited and appreciated.
- D) Closer and understood.
- E) Special and cared for.

25. Spending quality time with my partner, fully present and engaged, makes me feel:

- A) Loved and connected.

- B) Happy and valued.
- C) Special and cherished.
- D) Closer and understood.
- E) Safe and secure.

26. Physical touch and affectionate gestures from my partner make me feel:

- A) Loved and adored.
- B) Warm and comforted.
- C) Special and desired.
- D) Closer and understood.
- E) Safe and emotionally connected.

27. When my partner expresses love and affection through written notes or letters, I feel:

- A) Loved and emotionally touched.
- B) Appreciated and valued.
- C) Special and cherished.
- D) Closer and understood.
- E) Encouraged and reassured.

28. Acts of service from my partner, such as helping with tasks or responsibilities, make me feel:

- A) Supported and cared for.
- B) Grateful and relieved.
- C) Touched and special.
- D) Closer and understood.
- E) Loved and secure.

29. When my partner surprises me with thoughtful gifts, I feel:

- A) Loved and understood.
- B) Thought of and cherished.
- C) Excited and loved.
- D) Closer and valued.
- E) Special and emotionally connected.

30. Spending quality time with my partner, engaging in shared hobbies, makes me feel:

- A) Loved and connected.

- B) Happy and content.
- C) Special and cherished.
- D) Closer and understood.
- E) Safe and secure.

Scoring:

Count how many times you chose each letter (A, B, C, D, and E).
Your primary love language is the letter with the highest count.

Results:

- A: Words of Affirmation
- B: Acts of Service
- C: Receiving Gifts
- D: Quality Time
- E: Physical Touch

Remember, this test is a simple guide to help you identify your primary love language. For a more detailed and accurate assessment, refer to Dr. Gary Chapman's official resources and books. Understanding your love language can enhance your relationships and foster deeper emotional connections with your loved ones. Enjoy discovering your love language and how it can enrich your life! 💕