Love Language Test

Name	Date

Instructions: For each statement, indicate how much you agree or disagree with it by selecting the corresponding number.

1 = Strongly Disagree   2 = Somewhat Disagree   3 = Neutral   4 = Somewhat Agree   5 = Strongly Agree

Statements	Rating				
Words of Affirmation	1	2	3	4	5
I appreciate it when people tell me how much they love and appreciate me.	☐	☐	☐	☐	☐
Hearing "I love you" from my loved ones means a lot to me.	☐	☐	☐	☐	☐
It makes me feel good when my loved ones thank me for doing something for them	☐	☐	☐	☐	☐
I like it when my loved ones encourage me and believe in me.	☐	☐	☐	☐	☐
When people give me positive feedback, it makes me feel valued.	☐	☐	☐	☐	☐
Quality time					
I feel most connected to my loved ones when we spend uninterrupted time together.	☐	☐	☐	☐	☐
I appreciate it when my loved ones put aside distractions and actively engage with me.	☐	☐	☐	☐	☐
Going on trips or exploring new places with my loved ones is important to me.	☐	☐	☐	☐	☐
I value having deep and meaningful conversations with the people that I love.	☐	☐	☐	☐	☐
I enjoy engaging in fun and playful activities with the people that I love, like playing games or going on adventures.	☐	☐	☐	☐	☐
Receiving gifts					
It means a lot to me when people remember special occasions with thoughtful gifts.	☐	☐	☐	☐	☐
I feel loved when I receive thoughtful gifts.	☐	☐	☐	☐	☐
I appreciate surprises with small tokens of affection.	☐	☐	☐	☐	☐
I enjoy giving and receiving symbolic gifts, like matching jewelry or mementos.	☐	☐	☐	☐	☐
When people put effort into choosing a gift for me, it makes me feel loved.	☐	☐	☐	☐	☐
Acts of service					
I feel most loved when my loved ones help me with tasks or chores without me having to ask.	☐	☐	☐	☐	☐
It means a lot to me when my loved ones take care of practical things for me, like running errands.	☐	☐	☐	☐	☐
Small gestures like making me coffee or packing my lunch for the day make me feel loved.	☐	☐	☐	☐	☐
It makes me feel supported when they're willing to help with difficult tasks.	☐	☐	☐	☐	☐
I appreciate it when my loved ones make life easier for me by taking on extra responsibilities.	☐	☐	☐	☐	☐
Physical touch					
Physical touch, like holding hands or hugging, is an important way for me to feel connected to them.	☐	☐	☐	☐	☐
Holding hands, cuddling, or being close to my loved ones make me feel secure.	☐	☐	☐	☐	☐
I appreciate it when my loved ones touch me affectionately throughout the day.	☐	☐	☐	☐	☐
When my loved ones initiates physical intimacy, it makes me feel desired and loved	☐	☐	☐	☐	☐

Love Language Test

CONTINUATION					
Statements			**Rating**		
Physical touch	**1**	**2**	**3**	**4**	**5**
I feel most connected to the people that I love when we touch frequently.	☐	☐	☐	☐	☐
Quality conversation					
I feel most connected to the people that I love when we have deep and meaningful conversations.	☐	☐	☐	☐	☐
I appreciate it when people actively listen to me and ask questions to understand me better.	☐	☐	☐	☐	☐
Discussing our feelings and thoughts is an important part of my relationship with my loved ones.	☐	☐	☐	☐	☐
Having open and honest communication is a priority for me in my relationship.	☐	☐	☐	☐	☐
I value when my loved ones share their ideas and perspectives with me.	☐	☐	☐	☐	☐
Affirmation through actions					
Small gestures like opening doors or holding hands make me feel loved.	☐	☐	☐	☐	☐
It means a lot to me when my people remember things that are important to me.	☐	☐	☐	☐	☐
I feel loved when people support me in pursuing my goals and dreams.	☐	☐	☐	☐	☐
When people goes out of their way to make me feel happy or comfortable, it makes me feel special.	☐	☐	☐	☐	☐
I feel valued when people show me kindness and consideration through their actions.	☐	☐	☐	☐	☐

Scoring

For each statement, add up the number that corresponds to your answer. Then, add up your total score for each love language.

Love Language	Score
Words of affirmation	
Quality time	
Receiving gifts	
Acts of service	
Physical touch	
Quality conversation	
Affirmation through actions	

Interpreting your results:

The love language with the highest score is likely your primary love language, which means it's the way you most strongly prefer to receive love from your partner or loved ones. The love language with the second highest score is likely your secondary love language, which means it's another important way for you to feel loved and connected in your relationship.

Remember, this quiz is just a tool to help you better understand yourself and your partner/friends, and your family's love language preferences. It's important to communicate openly and honestly with your partner about how you prefer to give and receive love.