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.

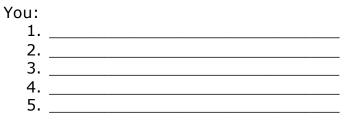
(Transfer your scores from your test questions to this score sheet.)

Score Sheet

Totals	A	В	c	D	E
Group 5	A	B	C	D	E
Group 4	A	В	C	D	E
Group 3	A	B	C	D	E
Group 2	A	B	C	D	E
Group 1	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.



Spouse:

1.	
2.	
3.	
4.	
5.	