

# Love Language Assessment For Couples

Consider your natural style; answer these questions based on YOU (not with your spouse preferences in mind). Answer from the ways you naturally think to show love (you may already know what your spouse might like, but answer in a way that shows YOUR natural instinct, not what you have “learned” to do)

| <b>PART A – WAYS I SHOW LOVE. Question #1: When I want to show my appreciation or love for my spouse, I easily ...</b> |   |
|--|---|
| get face to face, and share with them how special they are to me and what I appreciate about them.                     | A |
| give them a big hug, squeeze their arm, pat on the back, or make time to just be close.                                | B |
| think about doing a special activity or having a day together.   | C |
| find something that would be a “treat” (gift, gift card, make something, etc.) for them and give it to them.           | D |
| find something for them, like cook a special meal for my spouse or fix something, etc.                                 | E |

| <b>Question #2: It is natural for me to “love” my spouse by, ....</b>                                      |   |
|--|---|
| noticing things my spouse says they like and noting it to surprise them with later                         | A |
| completing the “honey-do” list and trying to fulfill their requests before they are asked.                 | B |
| showing affection. i.e. when my spouse and I are walking to the car, I will reach out and hold their hand. | C |
| showering them with praise.... sharing comments that thank or affirm my spouse                             | D |
| Looking for ways to be together i.e. having date nights, activities and outings to do together.            | E |

| <b>Question #3: On special occasions I find it natural to celebrate my spouse with things like ....</b> |   |
|---|---|
| making the day easier for my spouse by helping them out, by doing all of their chores/tasks.            | A |
| giving my spouse a card telling them how valuable they are.   | B |
| enjoying a full day together – doing whatever, but being together.                                      | C |
| Giving a memento or keep sake (even if small, it can be meaningful).                                    | D |
| having a romantic evening, with a special massage, foot rub, bubble bath, plan an intimate night, etc.  | E |

| <b>Question #4: When other people are around, I like to let my spouse know they are important by...</b>                   |   |
|---|---|
| sharing a recent success or praise for my spouse (i.e. something they did recently that you are praising them for)        | A |
| standing nearby then and putting my arm around them, or putting my hand on their shoulder                                 | B |
| making sure to have couple time too and might leaning over and whisper, “do you want to get a drink after this, just us?” | C |
| making sure they are comfortable and get them a snack or drink, hang their coat, etc.                                     | D |
| giving them something special to wear while we are out (scarf, corsage, new shirt, piece of jewelry, etc.)                | E |

| <b>Question #5: When I want to make the effort to show my love, I think about things like ....</b>                         |   |
|--|---|
| picking a spot we have not been before and take a few hours to make a memory.  | A |
| taking time to show acts of kindness through what I do for my spouse (clean up , dishes, laundry, wash car, etc.)          | B |
| finding token things that will surprise someone and let them know I value and am thinking about them.                      | C |
| writing a love letter, poem, e-card, e-mail, note.... Letting my spouse know I value their gifts & strengths.              | D |
| escorting my spouse, putting a loving hand on their back, arm or leg.... sitting close to show I am proud to be with them. | E |

| <b>Question #6: Thinking back to dating years, gestures like this would have gotten my attention (been meaningful) ...</b> |   |
|--|---|
| tell their friends all the things they like about me (and I would hear what they said by the grapevine)                    | A |
| hold my hand, touch my hair, walk with their hand on my arm or back, touching in some way as we walked (foot, hand, leg..) | B |
| come over and help me with a big project, fix things around my place, work on an assignment with me...                     | C |
| spend hours and hours talking on the phone, at a restaurant, on a walk, etc.   | D |
| leave a gift basket on my doorstep or send me a surprise box in the mail.  | E |

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|--|---|
| <b>PART B – WAYS I LIKE TO BE LOVED. Question #7: I would feel really close to my spouse if I would....</b>          |   |
| find a flower and a little wrapped gift that they left on my pillow, just because....                                | A |
| get extra time in bed to just snuggle with my spouse   | B |
| get to have a private lunch date with them, just to make sure we have uninterrupted time to talk and connect.        | C |
| find a note on the mirror saying "I love you! You're the best! I am blessed to be married to you. Have a great day!" | D |
| come home and find the house picked up, dinner on the table.... And them standing there greeting me with a smile.    | E |

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|---|---|
| <b>Question #8: I would feel good if my spouse would go out of their way to</b>                             |   |
| notice my impact on their life (appreciate, say thank you, recognize me – quietly... but show they noticed) | A |
| give me things they know I will like, use & enjoy.  | B |
| do things for me (bring me coffee, take out my trash, do wash/dishes, take care of the yard/cars, etc.)     | C |
| sit next to me with our legs touching while we are eating or put their hand on me when they walk by ...     | D |
| stop what they are doing and just sit and hang out together (talk, be with each other, etc.)                | E |

|   |   |
|---|---|
| <b>Question #9: I think it would be fun if ....</b>   |   |
| my spouse would volunteer to take the kids or the responsibilities for the day and gives me a day off.                  | A |
| we would go on a road trip or travel with my spouse where we are free of interruptions from life, work and all.         | B |
| my spouse would meet me at the door with hug and kiss hello (and wrapped in cellophane??)                               | C |
| my spouse do something like a scavenger hunt of special things for me or "the 12 days of Christmas" with a little gifts | D |
| my spouse would leave secret notes for me to find later to make me feel good or laugh!                                  | E |

|  |   |
|--|---|
| <b>Question #10: I would look forward to receiving...</b>  |   |
| expressions of appreciation through gifts because it makes me feel special. I get excited to know a present is for me.       | A |
| undivided attention from my spouse where they are focused on me, listening, looking at me and talking.                       | B |
| an unsolicited shoulder, foot or back massage from my spouse   | C |
| a private note written just to me. My name on it, handwritten to me with verbal expressions of appreciation and recognition. | D |
| help around the house, with projects, etc. I appreciate when my spouse makes my load lighter by helping out.                 | E |

|   |   |
|---|---|
| <b>Question #11: I can feel critical of my spouse or it can hurt my feelings when it seems or I feel my spouse ....</b>     |   |
| seems to give me a cold shoulder or does not make any physical contact (no hugs, kisses, connection, withholds sex, etc.) . | A |
| does not seem to put much effort into what they gave me (forgot, cheap, something I don't like, utility gift, etc.)         | B |
| does not share with me what they think of me or tell me that they appreciate/value me and what I do for them.               | C |
| does not seems to take time out of their schedule to spend time with me.  | D |
| does not seem to do things to help me out or do things that contribute.   | E |

|   |   |
|---|---|
| <b>Question #12: Hypothetically, if I could imagine a great birthday when I was a child, it might have been something like...</b> |   |
| a day together doing fun things like making a project with my mom/dad/family  | A |
| mom & dad treated me like a king/queen (breakfast in bed, did all my chores, etc.)  | B |
| a book made that had the A, B, C's of all my attributes (describing me)   | C |
| a lot of presents or a gift I "always" wanted to thought I would not get  | D |
| special time with my family, like everyone bundled up watching a movie together, etc.   | E |

## Find out your Love Language!

Circle the corresponding answer to your question. i.e. if #1 you answered B, circle letter B and then move to #2. Add up each column, the column with the highest number is a good indication that is your love language (the one you desire to have spoken to you).

|              | Gifts | Act/Service | Time | Affirmation | Touch |
|--------------|-------|-------------|------|-------------|-------|
| 1            | D     | E           | C    | A           | B     |
| 2            | A     | B           | E    | D           | C     |
| 3            | D     | A           | C    | B           | E     |
| 4            | E     | D           | C    | A           | B     |
| 5            | C     | B           | A    | D           | E     |
| 6            | E     | C           | D    | A           | B     |
| 7            | A     | E           | C    | D           | B     |
| 8            | B     | C           | E    | A           | D     |
| 9            | D     | A           | B    | E           | C     |
| 10           | A     | E           | B    | D           | C     |
| 11           | B     | E           | D    | C           | A     |
| 12           | D     | B           | A    | C           | E     |
| <b>TOTAL</b> |       |             |      |             |       |

### Determining Your Own Love Language

Since you may be speaking what you need, you can discover your own love language by asking yourself these questions: **How do I express love to others?, What do I complain about the most?, What do I request most often?** Speaking in your spouse's love language probably won't be natural for you. Dr. Chapman says, "We're not talking comfort. We're talking love. Love is something we do for someone else. So often couples love one another but they aren't connecting. They are sincere, but sincerity isn't enough." – **What is your spouses language?**

- **Words of Affirmation** - This is when you say how nice your spouse looks, or how great the dinner tasted. These words will also build your mate's self image and confidence.
- **Quality Time** - Some spouses believe that being together, doing things together and focusing in on one another is the best way to show love. If this is your partner's love language, turn off the TV now and then and give one another some undivided attention.
- **Gifts** - It is universal in human cultures to give gifts. They don't have to be expensive to send a powerful message of love. Spouses who forget a birthday or anniversary or who never give gifts to someone who truly enjoys gift giving will find themselves with a spouse who feels neglected and unloved.
- **Acts of Service** - Discovering how you can best do something for your spouse will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy in order to be perceived as a gift of love.
- **Physical Touch** - Sometimes just stroking your spouse's back, holding hands, or a peck on the cheek will fulfill this need.

### Fading Tingle and Empty Love Tanks

After the first or second year of marriage, when the initial "tingle" is starting to fade, many couples find that their "love tanks" are empty. They may have been expressing love for their spouse, but in reality they may have been speaking a different love language. The best way to fill your spouse's love tank is to express love in their love language. Each of us has a primary love language. Usually, couples don't have the same love language. **Dr. Chapman recommends that you have a "Tank Check" 3 nights a week for 3 weeks. Ask one another "How is your love tank tonight?" If, on a scale from zero to ten, it is less than 10, then ask "What can I do to help fill it?" Then do it to the best of your ability.**