

What Language Do You Speak In Love?

Instructions: For each of the following groups of statements select the one that best describes how you feel towards your partner.

1.

I feel loved when you hug me. (K)

I feel loved when you give practical help to me. (V)

I feel loved when you affirm me. (A)

2.

I feel loved when you give me gifts. (V)

I feel loved when you tell me I am attractive/handsome. (A)

I feel loved when you touch me. (K)

3.

I feel loved when you say kind words to me. (A)

I feel loved when you hold me in your arms. (K)

I feel loved when I receive a gift from you (V)

4.

I feel loved when you help me. (V)

I feel loved when you touch me. (K)

I feel loved when you compliment my achievements. (A)

5.

I feel loved when you listen to me sympathetically. (A)

I feel loved when you do things for me that you don't enjoy doing. (V)

I feel loved when you touch me when I walk by. (K)

6.

I feel loved when you help me with my jobs around the house. (V)

I feel loved when you compliment my appearance. (A)

I feel loved when you kiss me unexpectedly. (K)

7.

I feel loved when you do things for me. (V)

I feel loved when you listen to me patiently and don't interrupt me. (A)

I feel loved when you enthusiastically complete a task I asked for. (K)

8.

I feel loved when you look at me when we are talking. (A)

I feel loved when you are touching me. (V)

I feel loved when you enthusiastically do some task I have requested.
(K)

How to Interpret Your Profile Score

Score one point for each statement chosen and then add up the number of scores you have for each category.

Visual - what I see in my relationship with you.

Auditory - what I hear you say in my conversations with you

Kinaesthetic - what I feel when you touch me or when you do things for me

Your highest score indicates your primary love language. Your second highest score indicates your secondary love language.

If two scores are identical, you are bi-lingual ie you have two Primary love languages. If the scores of your primary language and your secondary language are close, for example, 8 and 7 respectively, it indicates both are important to you. The highest possible score for any one love language is 8.

Having a clear picture of your primary and secondary love languages will explain much of your past behavior. Think back over the past and ask yourself, "What have I most often requested of my spouse?"

Chances are your answer will lie within the scope of your primary and secondary love languages. You have been requesting that which would meet your deepest need for emotional love.

Take the quiz with your partner. You may be surprised at what you discover about each other.