

Name :

Date :

LOVE LANGUAGES QUIZ

♥ FOR COUPLES ♥

INSTRUCTIONS

For each statement, rate how meaningful it feels to you:

1 = Not Important

4 = Very Important

2 = Slightly Important

5 = Extremely Important

3 = Important

PART 1: Words of Affirmation

I feel loved when my partner compliments me. ____

I appreciate hearing "I love you." ____

Encouraging words boost my mood. ____

I value kind and supportive messages. ____

Total Score (Words of Affirmation): ____

PART 4: Quality Time

I enjoy deep conversations with my partner. ____

Shared activities make me feel connected. ____

I value undivided attention. ____

Total Score (Quality Time): ____

PART 2: Acts of Service

I feel loved when my partner helps me with tasks. ____

Small helpful actions mean a lot to me. ____

Actions speak louder than words for me. ____

Total Score (Acts of Service): ____

PART 5: Physical Touch

I feel loved through hugs and cuddles. ____

Holding hands or physical closeness matters to me. ____

Physical affection makes me feel secure. ____

I enjoy being physically close to my partner. ____

Total Score (Physical Touch): ____

PART 3: Receiving Gifts

I feel loved when I receive thoughtful gifts. ____

Surprises make me feel special. ____

I value meaningful items from my partner. ____

Gifts remind me that my partner is thinking of me. ____

Total Score (Receiving Gifts): ____

RESULT

My Primary Love Language: _____

My Secondary Love Language: _____

My Partner's Primary Love Language: _____

My Partner's Secondary Love Language: _____

PS: Your highest score = Your primary love language. Second highest = Your secondary love language