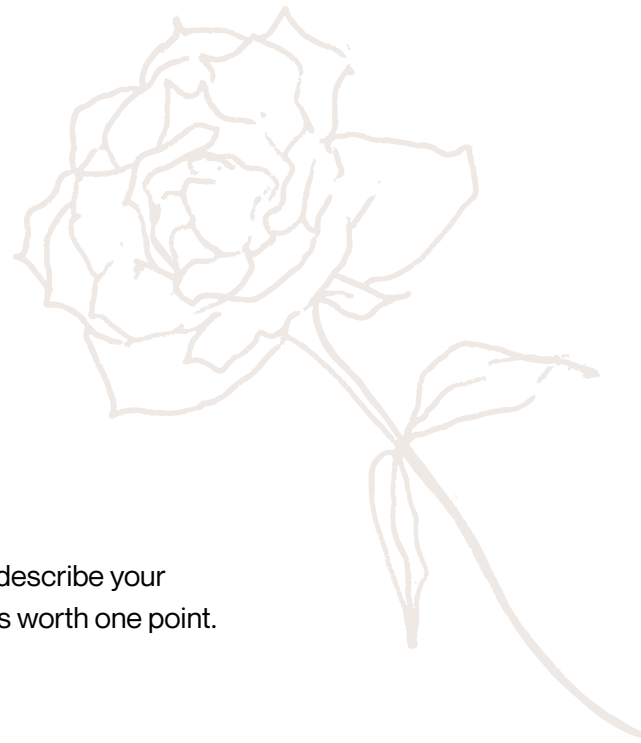




Love Language Assessment



Date: _____

Instructions: For each love language, check off the statements that best describe your preferences regarding your relationship with your partner. Each answer is worth one point. At the end, tally the results below.

Words of Affirmation

- I appreciate words of encouragement and compliments
- I enjoy receiving heartfelt notes and letters
- I appreciate good morning and goodnight texts

Physical Touch

- Physical affection is important to me
- I feel loved when I'm hugged, kissed or touched by my partner
- After a long day, I enjoy spending time cuddling with my partner

Acts of Service

- I appreciate when my partner offers practical help
- I value my partner when they help with chores and tasks around the house
- I appreciate it when my partner goes out of the way to help me

Quality Time

- I value one-on-one time with my partner
- I feel loved when I have my partner's attention and acknowledgment
- I would rather embark on an experience with my partner than receive a physical gift

Gifts

- I enjoy receiving meaningful gifts
- Thoughtful gifts are ideal for me
- I enjoy receiving flowers from my partner

TOTAL POINTS

- _____ Words of Affirmation
- _____ Physical Touch
- _____ Acts of Service
- _____ Quality Time
- _____ Gifts