Love Language Test

Name : _____   Date: _____

For each statement, indicate how much you agree or disagree with it by selecting the corresponding number

1 Strongly Disagree   2 Somewhat Disagree   3 Neutral   4 Somewhat Agree   5 Strongly Agree

Statements	Rating				
Words of Affirmation	1	2	3	4	5
I appreciate it when people tell me how much they love and appreciate me.	☐	☐	☐	☐	☐
Hearing "I love you" from my loved ones means a lot to me.	☐	☐	☐	☐	☐
I like it when my loved ones encourage me and believe in me.	☐	☐	☐	☐	☐
When people give me positive feedback, it makes me feel valued.	☐	☐	☐	☐	☐
Quality time					
I feel most connected to my loved ones when we spend uninterrupted time together.	☐	☐	☐	☐	☐
I appreciate it when my loved ones put aside distractions and actively engage with me.	☐	☐	☐	☐	☐
Going on trips or exploring new places with my loved ones is important to me.	☐	☐	☐	☐	☐
I value having deep and meaningful conversations with the people that I love.	☐	☐	☐	☐	☐
Receiving gifts					
It means a lot to me when people remember special occasions with thoughtful gifts.	☐	☐	☐	☐	☐
I feel loved when I receive thoughtful gifts.	☐	☐	☐	☐	☐
I appreciate surprises with small tokens of affection.	☐	☐	☐	☐	☐
I enjoy giving and receiving symbolic gifts, like matching jewelry or mementos.	☐	☐	☐	☐	☐
Acts of service					
I feel most loved when my loved ones help me with tasks or chores without me having to ask.	☐	☐	☐	☐	☐
Small gestures like making me coffee or packing my lunch for the day make me feel loved.	☐	☐	☐	☐	☐
It makes me feel supported when they're willing to help with difficult tasks.	☐	☐	☐	☐	☐
I appreciate it when my loved ones make life easier for me by taking on extra responsibilities.	☐	☐	☐	☐	☐
Physical touch					
Physical touch, like holding hands or hugging, is an important way for me to feel connected to them.	☐	☐	☐	☐	☐
Holding hands, cuddling, or being close to my loved ones make me feel secure.	☐	☐	☐	☐	☐
I appreciate it when my loved ones touch me affectionately throughout the day.	☐	☐	☐	☐	☐
When my loved ones initiate physical intimacy, it makes me feel desired and loved.	☐	☐	☐	☐	☐