

Love Language Test

Put a tick on a statement that describes yourself.

Name :

Date:

Physical Touch

- | | |
|--|--|
| <input type="radio"/> Soft blankets | <input type="radio"/> Sensory-friendly space |
| <input type="radio"/> Pampering yourself | <input type="radio"/> Massages |
| <input type="radio"/> Relaxing showers | <input type="radio"/> Pet cuddles |

Acts of Service

- | | |
|---|--|
| <input type="radio"/> Going to sleep on time | <input type="radio"/> Meeting your needs |
| <input type="radio"/> Making good food for yourself | <input type="radio"/> Nourishing routine |
| <input type="radio"/> Scheduling "me" time | <input type="radio"/> Creating a morning routine |

Receiving Gifts

- | | |
|---|--------------------------------------|
| <input type="radio"/> Comfort items | <input type="radio"/> Going out |
| <input type="radio"/> Taking a class | <input type="radio"/> Vacations |
| <input type="radio"/> Furthering your education | <input type="radio"/> Hobby supplies |

Quality Time

- | | |
|---|--|
| <input type="radio"/> Time with friends | <input type="radio"/> Spending free time in a relaxing way |
| <input type="radio"/> Setting boundaries with your time | <input type="radio"/> Art or hobby dates |
| <input type="radio"/> Creating a life you love | <input type="radio"/> Happy social media routines |

Words of Affirmation

- | | |
|---|--|
| <input type="radio"/> Support groups | <input type="radio"/> Positive self-talk |
| <input type="radio"/> Honoring your inner child | <input type="radio"/> Journaling your thoughts |
| <input type="radio"/> Reparenting yourself | <input type="radio"/> Therapy |