



Do you know your spouse's love language? It is quite possible that you do not speak the same language. Here is an exercise that we want you and your spouse to try. You can also use it to better show love to each of your children, your parents, or your friends.

Within each group, rate each sentence 1-5 according to what would make you feel most appreciated and loved. The number 5 represents what you would most appreciate; number 1, in contrast is what you least appreciate in each group. You may only use each number once in any particular group.

# Love Languages Assessment Test

(Derived from Gary Chapman's *The Five Languages of Love*)

*This assessment can also be taken with a friend, child or parent in mind, simply put their name in where the line says "spouse."*

## Group One

- A\_\_\_ Your spouse says, "You did a great job on that. I appreciate it."
- B\_\_\_ Your spouse unexpectedly does something in or around the house or your room that you appreciate.
- C\_\_\_ Your spouse brings you a surprise treat from the store.
- D\_\_\_ Your spouse invites you on a leisurely walk just to chat.
- E\_\_\_ Your spouse makes a point to embrace and/or kiss you before leaving the house.

## Group Two

- A\_\_\_ Your spouse tells you how much he or she appreciates you.
- B\_\_\_ Your spouse volunteers to do the dishes (or wash the car) for you and encourages you to relax.
- C\_\_\_ Your spouse brings flowers (or special food treat) for you just because he/she cares for you.
- D\_\_\_ Your spouse invites you to sit down and talk about your day.
- E\_\_\_ Your spouse enjoys receiving a hug even when you are just passing from room to room.

## Group Three

- A\_\_\_ Your spouse during a party shares about a recent success you had.
- B\_\_\_ Your spouse does one of your chores.
- C\_\_\_ Your spouse surprises you with an unexpected gift.
- D\_\_\_ Your spouse surprises you with a special afternoon trip.
- E\_\_\_ Your spouse hold your hand as you walk through the mall or stands by your side with an arm around your shoulder at a public event.

### Group Four

A\_\_\_ Your spouse praises you about one of your special qualities.

B\_\_\_ Your spouse brings you breakfast in bed.

C\_\_\_ Your spouse surprises you with a membership to something you have always wanted.

D\_\_\_ Your spouse plans a special night out for the two of you.

E\_\_\_ Your spouse will personally drive you to an event instead of you having to go on the old, crowded bus with the rest of the group.

### Group Five

A\_\_\_ Your spouse tells you how much his/her friends appreciate you.

B\_\_\_ Your spouse takes the time to fill out the long complicated applications that you had hoped to get to this evening.

C\_\_\_ Your spouse sends you something special through the mail.

D\_\_\_ Your spouse kidnaps you for lunch and takes you to your favorite restaurant.

E\_\_\_ Your spouse gives you a massage/back scratch.

(Transfer your scores from your test questions to this score sheet.)

### Score Sheet

Group 1	A___	B___	C___	D___	E___
Group 2	A___	B___	C___	D___	E___
Group 3	A___	B___	C___	D___	E___
Group 4	A___	B___	C___	D___	E___
Group 5	A___	B___	C___	D___	E___
<b>Totals</b>	<b>A___</b>	<b>B___</b>	<b>C___</b>	<b>D___</b>	<b>E___</b>

Key Principle: Every day we chose to love or every day we chose not to love.



A: Encouraging Words/Words of Affirmation

B: Acts of Service

C: Gift-Giving/Receiving Gifts

D: Quality Time

E: Physical Touch

Write down, from the primary to the least of the love languages, how you and you spouse (or child, parent, friend, etc.) scored.

You:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Spouse:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Languages of Love

Your love language probably differs from your spouse's. Each of us speaks and understands one that makes it easy for us to feel loved. If you try to communicate using only your native language, it may be foreign to your husband or wife. To be understood, you need to know and speak your spouse's language. Which one is it?

**Words of Affirmation:** Verbal expressions of appreciation, compliments, praise, and thanks, conveyed for the well being of the one you love. Such communication demonstrates: *encouragement*: it inspires and motivates (not pressures) another to pursue a latent interest or achieve personal potential; *kindness*: it encompasses loving tones and truthful statements to build intimacy, express understanding, share difficult feelings or show forgiveness; and *humility*: it requests instead of demands, asks instead of nags.

**Acts of service:** happily doing things you know your spouse would like you to do or helping your mate with tasks that need to be done. Examples might include keeping the house clean, putting the toilet seat down, ironing, changing diapers, cleaning the garage, cooking or going out for dinner, or attending a symphony performance. Such acts require thought, time, planning, and effort. They are done in love not fear, or guilt, resentment or duty and may go against social or family stereotypes.

**Receiving Gifts:** Tokens or symbols of affection, caring, remembrance and thoughtfulness. They may be *tangible gifts*: little (or big) presents that you've found, made or purchased, given either at a special time or for no specific occasion; or *gifts of self*: your physical presence in important moments or times of crisis.

**Quality Time:** Focused, undivided and uninterrupted attention, despite busyness and business. It is demonstrated in: *togetherness*: not just proximity, but in the simple emotional connection and enjoyment of being with each other; *meaningful conversation*: sympathetic (not just solution-oriented) dialogue and active listening to share feelings, thoughts, and desires in a friendly uninterrupted context; and *shared activities*: doing things together that interest one or both of you just in order to create a unique experience and mutual memory.

**Physical Touch:** communication of your love through the body's nerve endings, with sensitivity to what methods, circumstances, and timing your spouse finds pleasant. It includes hugs, kisses, hand holding, back rubs, sitting close, hair stroking, and of course, regular sexual intercourse. It also encompasses long, empathetic embraces and tender touches of understanding when your spouse is in tears or times of crisis.

Remember, love is a choice that often involves sacrifice. But you'll deepen the affection in your marriage if you learn your spouse's love language and speak it regularly.



Do you know each family member has a love language? Here is an exercise that we want you and your kids to try.

Within each group, rate each sentence 1-5 according to what would make you feel most appreciated and loved. The number 5 represents what you would most appreciate; number 1, in contrast is what you least appreciate in each group. You may only use each number once in any particular group.

# GKGW-Touch Points of Love for Your Children

(Designed by Gary and Joy Hanson)

## Group One

- A\_\_\_ Mom or Dad says, “You did a great job on that. I appreciate it.”
- B\_\_\_ Mom or Dad unexpectedly does something in or around the house or your room that you appreciate.
- C\_\_\_ Mom or Dad brings you home a surprise treat from the store.
- D\_\_\_ Mom or Dad invites you to go on a walk just for fun and to talk.
- E\_\_\_ Mom or Dad makes a point to give you a big hug or kiss before you leave the house.

## Group Two

- A\_\_\_ Mom or Dad tells you how much he or she appreciates you.
- B\_\_\_ Mom or Dad volunteers to type your homework for you so you don't have to.
- C\_\_\_ Mom or Dad brings a special food treat for you from the local bakery.
- D\_\_\_ Mom or Dad invites you to sit down and talk about your day.
- E\_\_\_ Mom or Dad gives you a hug even when you are just passing by room to room.

## Group Three

- A\_\_\_ Mom or Dad during a party shares about the great grades you got in school.
- B\_\_\_ Mom or Dad helps pick up your room.
- C\_\_\_ Mom or Dad surprises you with a present you didn't know you were going to get.
- D\_\_\_ Mom or Dad surprises you with a special afternoon trip.
- E\_\_\_ Mom or Dad hold your hand as you walk through the mall or stands by your side with an arm around your shoulder at a public event.

**Group Four**

- A\_\_\_ Mom or Dad praises you about one of your special abilities.
- B\_\_\_ Mom or Dad brings you breakfast in bed.
- C\_\_\_ Mom or Dad surprises you with a book you have always wanted.
- D\_\_\_ Mom or Dad plans a special night out for the two of you.
- E\_\_\_ Mom or Dad will personally drive you to an event instead of you having to go on the old, crowded bus with the rest of the team.

**Group Five**

- A\_\_\_ Mom or Dad tells you how much his/her friends appreciate you.
- B\_\_\_ Mom or Dad takes the time to fill out the long forms for school that you thought you were going to have to fill out yourself.
- C\_\_\_ Mom or Dad sends you something special through the mail.
- D\_\_\_ Mom or Dad kidnaps you for lunch and takes you to your favorite restaurant.
- E\_\_\_ Mom or Dad gives you a back rub.

(Transfer your scores from your test questions to this score sheet.)

**Score Sheet**

	Encouraging Words	Acts of Service	Gift-Giving Time	Quality	Touch
Group 1	A___	B___	C___	D___	E___
Group 2	A___	B___	C___	D___	E___
Group 3	A___	B___	C___	D___	E___
Group 4	A___	B___	C___	D___	E___
Group 5	A___	B___	C___	D___	E___
<b>Totals</b>	<b>A___</b>	<b>B___</b>	<b>C___</b>	<b>D___</b>	<b>E___</b>

Key Principle: Every day we chose to love or every day we chose not to love.