

# THE 5 LOVE LANGUAGES TEST

by Jenna Haith Lifestyle [jennahaithlifestyle.com]

**Read each pair of statements and circle the one that best describes you.**

---

1. A. I like to receive notes of affirmation from you.  
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.  
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.  
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.  
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.  
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.  
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.  
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.  
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.  
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.  
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.  
A. I like the kind words you say to me.
12. E. I feel whole when we hug.  
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.  
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.  
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.  
D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by.  
B. I like when you listen to me sympathetically.

**TURN OVER**

17. C. I really enjoy receiving gifts from you.  
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.  
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.  
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.  
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.  
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.  
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.  
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.  
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.  
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.  
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.  
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.  
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.  
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.  
A. I need your words of affirmation daily.

**Add Total Number of Answers Here:**

A. \_\_\_ Words of Affirmation    B. \_\_\_ Quality Time    C. \_\_\_ Receiving Gifts  
D. \_\_\_ Acts of Service    E. \_\_\_ Physical Touch