

The Five Love Languages



ACTS OF SERVICE

Individuals express their love through thoughtful actions like cooking a favorite meal or doing a dreaded chore.



WORDS OF AFFIRMATION

With this love language, people express their love by praising their loved ones, telling them “I love you,” or offering encouragement.



PHYSICAL TOUCH

People with this love language like to give and receive physical affection like hugs, kisses, cuddles, and, well... you know.



QUALITY TIME

Those with this love language like to express their love by spending time with their loved ones and giving them their undivided attention.



GIFTS

The act of choosing and giving a thoughtful gift is an expression of love for this love language, regardless of the size of the gift.

“Love has nothing to do with what you are expecting to get—only with what you are expecting to give—which is everything.”

KATHERINE HEPBURN



Love Languages Quiz

Which of the following would you find most meaningful from a loved one at the end of a long day:

- A. Receiving a hug
- B. Being told I'm doing a good job
- C. My loved one completing a chore I hate
- D. Getting a small gift like my favorite dessert
- E. Spending uninterrupted time with my loved one

What would I most appreciate on an anniversary with my partner?

- A. Lots of physical touch
- B. Receiving a card where my partner expresses how much I mean to them
- C. My partner taking over my tasks for the day so I can relax
- D. A thoughtful present
- E. Spending all day together, even if we're not doing anything big

If I want to express my love to a partner I:

- A. Give them a hug and a kiss
- B. Tell them I love them
- C. Do something nice like cook dinner or tidy the house
- D. Buy them something I know they want
- E. Put away my phone and really focus on listening and spending time with them

I feel most loved when:

- A. I receive a hug from a loved one
- B. People tell me they love and appreciate me
- C. Someone I love takes on responsibilities I feel stressed out doing
- D. I receive a thoughtful present that really shows my loved one cares and listens
- E. I get to spend uninterrupted time just hanging out with the people I love most

Love Languages Quiz

How might you apologize to a loved one after having a disagreement?

- A. Hugging and providing physical affection
- B. Apologizing and offering words of remorse
- C. Planning a special gesture
- D. Giving a thoughtful gift
- E. Setting aside time to spend with them

What do you value most in a relationship?

- A. Physical closeness
- B. Frequent verbal expressions of love and admiration
- C. Mutual support, helping one another out
- D. Thoughtful gestures and tokens of affection
- E. Shared experiences and time together

How do you express love towards your friends?

- A. Lots of hugs and physical closeness
- B. Telling them frequently how much I care about them
- C. Doing favors for them
- D. Buying them thoughtful presents
- E. Putting away my phone and really focusing on listening and spending time with them

What gesture from a partner would make you feel truly understood?

- A. Them initiating physical closeness and affection
- B. Them telling you how much they love and appreciate you
- C. Them offering practical support or help
- D. Them giving you a personalized and meaningful gift
- E. Them setting aside time to spend entirely with you, doing something you both enjoy

Love Languages Quiz: Answers

If you answered mostly As your love language is: **Physical Touch/Affection**

If you answered mostly Bs your love language is: **Words of Affirmation**

If you answered mostly Cs your love language is: **Acts of Service**

If you answered mostly Ds your love language is: **Gifts**

If you answered mostly Es your love language is: **Quality Time**

