

Love Languages Test

by Bill Gaultiere

This Love Languages Test is a free, simple tool we designed based on the concepts in Gary Chapman's best-selling book, *Love Languages*. It's meant to be completed by you and your spouse, family member, or friend and then discussed in order to help you better understand one another's preferred styles for giving and receiving care.

The table below identifies the five basic love languages and gives descriptive examples for each one: (1) Quality time, (2) Affirming words, (3) Touch, (4) Acts of service, and (5) Gifts.

Each of us give and receive love according to our own personality preference and life experience so the question to ask yourself is, "Which languages best communicate love to me?" To ask about someone about their love language, listen carefully, and reflect back their feelings and needs is to give empathy. It's also empathetic to care for someone in their love language and in the way they appreciate it.

How to Use this Love Languages Test

Rank the five love languages from 1 to 5 according to what blesses you the most, with 1 representing the love language that best facilitates you experiencing care. Then for your top three love languages identify some examples of *caring behaviors* you appreciate. These are actions that express a loving heart. For each love language two common examples are provided to help you get started making your own personalized list.

You and your partner should complete the survey separately. Then share your results with one another. Listen to one another with compassion. Ask questions to get to know one another better. At the end of your conversation you might want to pray for one another. Then look for opportunities to use your partner's love language by demonstrating the caring behaviors for his or her top love languages.

Much of the value of the Love Languages Test for your relationship(s) is in the communication process. Most people realize that they've been showing love in the ways they personally like to receive it and not necessarily in the ways that *their partner is best able to receive love*.

Love Languages Test

Love Language	Rank your preference 1st to 5th	Identify examples of what would bless you for your top 3 Love Languages
Quality Time		<ul style="list-style-type: none"> • Do something I enjoy with me • Share our hearts and listen to one another • • •
Affirming Words		<ul style="list-style-type: none"> • Express appreciation for what I'm working on • Tell me what you like about me • • •
Touch		<ul style="list-style-type: none"> • Rub my back or shoulder • Hold me • • •
Acts of Service		<ul style="list-style-type: none"> • Bake me cookies • Wash the dishes • • •
Gifts		<ul style="list-style-type: none"> • Buy something attractive for me to wear • Buy my favorite candy • • •