

THE LOVE LANGUAGE QUIZ

What's your love language? In this exercise, rate each sentence on a scale of 1 to 5, according to what would make you feel most appreciated and loved by your spouse (or your parents or teen). FIVE (5) represents what you most appreciate; ONE (1), in contrast, is what you least appreciate. Do not repeat a number within each group. Please note that some questions distinguish between male and female. Answer those appropriately, according to your gender and position in the family.

Group One

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

Group Two

- A _____ Your spouse/ teenager/parent tells you how much he or she appreciates you.
B _____ Your (male) spouse/teenager/parent volunteers to do the dishes and encourages you to relax.
C _____ Your (male) spouse/teenager/parent brings you flowers, just because he cares. Your (female) spouse/teenager/parent brings you home a special treat from the local bakery.
D _____ Your spouse/teenager/parent invites you to sit down and talk about your day.
E _____ Your spouse/teenager/parent enjoys receiving a hug even when you're just passing from one room to another.