

The Five LOVE LANGUAGES

When I do _____ for/to _____ I am expressing my appreciation and/or love

1. I like to receive love notes or notes of appreciation I like to be hugged	A E
2. I like to spend one-on-one time with people who are special to me I feel appreciated when someone gives me practical help	B D
3. I like it when I unexpectedly receive gifts from people I like leisurely visits with friends & loved ones	C B
4. I feel appreciated when people do things to help me I enjoy casual or loving touches from people who are special to me	D E
5. I feel appreciated when someone I care about puts his or her arm around me I feel loved when someone surprises me with a gift	E C
6. I like to go places with friends and loved ones I like to high-five or hold hands with people who are special to me	B E
7. Visible symbols of love and appreciation (gifts) are very important to me I feel loved or appreciated when people tell me they love or appreciate me	C A
8. I like to sit close to people I care about I like for people to tell me that I'm attractive or that I look nice	E A
9. I like to spend time with people I care about I like to receive little gifts from people I care about	B C
10. Words of acceptance from those I care about are important to me I know someone loves me or appreciates me when they help me with things	A D
11. I like being together and doing things with my loved ones I like it when people I care about speak kind words to me	B A
12. What someone does affects me more than what they say Hugs make me feel connected and valued	D E
13. I value praise and try to avoid criticism Small meaningful gifts show me that someone cares	A C
14. I feel close to someone when we are talking or doing something together I feel closer to friends and loved ones when they touch me often	B E
15. I like for people to compliment my achievements I know people love me when they do things for me that they don't normally enjoy or that isn't their preference	A D
16. I like to be touched by my friends and loved ones as they walk by I like it when people listen to me and show genuine interest in what I say	E B
17. I feel loved when my friends or loved ones help me with jobs, chores, or projects I really enjoy receiving gifts from friends and loved ones	D C
18. I like for people to compliment my appearance I feel loved when people take time to understand my feelings	A B
19. I feel appreciated or secure when people I care about are touching me When friends or loved ones run errands for me, it makes me feel loved.	E D
20. I appreciate the many things that my loved ones do for me I like thoughtful gifts that people make especially for me	D C
21. I really enjoy the feeling I get when someone gives me undivided attention I really enjoy the feeling I get when someone helps me with a task	B D
22. I feel loved when someone celebrates my birthday with a special gift I feel loved when someone celebrates my birthday with meaningful words	C A
23. I know a person is thinking of me when they give me a gift I feel loved when someone helps me with my chores or tasks	C D
24. I appreciate it when someone listens patiently and doesn't interrupt me I never get tired of receiving gifts from people I care about	B C
25. I like knowing that loved ones are concerned enough to help with my daily tasks I enjoy taking trips with people who are special to me	D B
26. I enjoy kissing, cuddling, and other acts of affection with people I care about I enjoy surprise gifts from people I care about	E C
27. Encouraging words from loved ones give me confidence I like for a person to look at me when we are talking	A B
28. Gifts from a friend or loved one are always special to me I feel good when a friend or loved one touches me	C E
29. I feel loved when a person enthusiastically does a task that I have requested I feel loved when I am told how much I am appreciated	D A
30. I need to be touched or hugged daily I need to be told daily that I am special or important or loved by those I love	E A

_____ Number of As _____ Number of Bs _____ Number of Cs _____ Number of Ds _____ Number of Es

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D) Words of Affirmation

Words of Affirmation are things that you say to someone to build them up, to make them feel good, to express your love for them, and to reaffirm that they are special.

Dialects

- A) Compliments
- B) Encouragement
- C) Kind Words
- D) Humble Words
- E) Indirect Words

Examples

- You look good in that suit!
- That dress looks great on you!
- You must be the best cook in the world, these potatoes are awesome!
- I really appreciate your washing the dishes tonight.
- Thanks for getting the babysitter lined up for tonight. I want you to know that I don't take that for granted.
- You are so wonderful.
- You are being just terrific about this whole thing and I really appreciate it.
- It was so thoughtful of you to take the kids so we can go out tonight.
- Love Notes

Warnings

Criticisms are especially damaging to someone with this Love Language.

Beware of giving compliments that are more meaningful to you than to the recipient. Find out what is important to them and compliment them on those things. Remember the Platinum Rule and that the purpose of love is to enhance the well-being of another, not to satisfy your own desires.

II) Quality Time

What they need is to have you spend time with them to feel loved, to feel important, or to feel that their relationship with you is meaningful.

Dialects

- A) Togetherness
- B) Quality Conversation
- C) Quality Activities
~Sub Dialect – Proximity rather than shared activity.

Examples

- Date Night
- Weekend vacations
- Meet for lunch
- Help while fixing dinner and talk about your days
- Have dinner together at the table without the TV on
- Take a walk around the neighborhood
- Attend an event that is an interest of theirs but not yours, and do it happily, not grudgingly or resentfully

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Examples cont.

- Watch a show together and talk about it afterwards
- Play a game together
- Skype Dates
- Skype in the background while you go about daily business
- Grocery shopping
- Shared chores
- Gaming together

Warnings

People who speak this language may need to learn to compromise when there is a clash of priorities or scheduling. People who are in relationships with those who speak this language may need to reprioritize time and activities in order to maintain those relationships. Poly people need to extend this language to include group-time under the banner of Quality Time and to beware of discounting group time when counting up Quality Time hours. When speaking with someone whose Love Language is Quality Time / Quality Conversation, do not give advice unless that person wants it. Learn the art of Sympathetic Dialog, which includes sympathetic listening and discussion with self-revelation.

III) Receiving Gifts

The gift is a symbol and a tangible reminder that she was thinking of you even when you weren't around. Gifts are visual symbols of love.

Examples

- Flowers (purchased and picked)
- Candy
- Cards
- Jewelry
- Electronics
- Toys
- Knickknacks
- Clothing or accessories
- Tools
- Stuffed animals
- Anything on their wishlist.

Warnings

People in relationships with those who speak this Love Language need to learn not to see requests for gifts as expressions of greed and to loosen the purse strings a little if they intend to remain in relationships with people who speak Gifts. They should look at spending money on gifts as an investment in the relationship. People who speak this love language need to beware of demanding gifts that uncomfortably stretch wallets and purses and of mistaking the symbol of love for the love itself. If you want your gift to communicate love, it's best to discover the interests of the other person and give gifts appropriate to that individual.

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IV) Acts of Service

This is expressing love for someone by doing things for them, or feeling loved when someone does things for you.

Examples

- Cooking a meal
- Setting the table
- Washing dishes
- Housework
- Fixing or maintaining the car
- Taking the car out to fill it up with gas
- Removing the white spots from the mirror
- Taking out the garbage
- Babysitting
- Mowing the lawn
- Changing the cat's litter
- Helping to move

Warnings

People who speak this Love Language must be careful to ask before performing Acts of Service for people who do not speak this Love Language, as it can come across as an insult to independence-minded people. You can't force someone to accept an expression of love, you can only offer. If it's not accepted, you must respect the other person's decision.

People with this Love Language must be careful not to become doormats by performing Acts of Service on people who do not appreciate them as an expression of love. Poly people especially must learn not to treat others as doormats or employees serving a purpose or function. Manipulation by guilt ("if you loved me, you'd do this" and "if you were REALLY poly, this wouldn't bother you") and coercion by fear ("you will behave this way or I will veto") are not languages of love.

V) Physical Touch

Physical Touch does not necessarily mean sex. It can, but more often it means a variety of kinds of touch, from casual touches to touches with serious intent. To a person who speaks this language, this is what many of them are thinking: "I reside inside my body. To touch my body is to touch me. To withdraw from my body is to distance yourself emotionally from me. To cause physical pain to my body is to injure me as a person."

Examples

- Holding hands
- Pressing knees together under the dinner table
- Brushing your hand across her shoulders as you pass by
- Back & neck rubs
- Stroking hair or scratching the crown of the head
- Putting pressure on pressure points
- Reaching across the bed and just touching his shoulder with your hand to keep some kind of contact while falling asleep when you can't cuddle or sleep with full touching.

Warnings

People with this Love Language may have trouble with the idea of their partner sharing sexual activity and/or physical touch with someone else. A redefinition of "intimacy" and "specialness" is necessary to move past this.