

The Five Love Languages Profile

- | | |
|---|--------|
| 1. I like to receive notes of affirmation from my spouse.
I like it when my spouse hugs me. | A
E |
| 2. I like to be alone with my spouse.
I feel loved when my spouse gives practical help to me. | B
D |
| 3. Receiving special gifts from my spouse makes me happy.
I enjoy long trips with my spouse. | C
B |
| 4. I feel loved when my spouse does things to help me.
I feel loved when my spouse touches me. | D
E |
| 5. I feel loved when my spouse puts his/her arm around me.
I know my spouse loves me because he/she surprises me with gifts. | E
C |
| 6. I like going most anywhere with my spouse.
I like to hold my spouse's hand. | B
E |
| 7. I value the gifts my spouse gives me.
I love to hear my spouse say he/she loves me. | C
A |
| 8. I like for my spouse to sit close to me.
My spouse tells me I look good, and I like that. | E
A |
| 9. Spending time with my spouse makes me happy.
Even the smallest gift from my spouse is important to me. | B
C |
| 10. I feel loved when my spouse tells me he/she is proud of me.
I know my spouse loves me when he/she helps me. | A
D |
| 11. No matter what we do, I love doing things with my spouse.
Supportive comments from my spouse make me feel good. | B
A |

12. Little things my spouse does for me mean more than things he/she says. D
I love to hug my spouse. E
13. My spouse's praise means a lot to me. A
It means a lot to me that my spouse gives me gifts I really like. C
14. Just being around my spouse makes me feel good. B
I love it when my spouse touches me often. E
15. My spouse's reactions to my accomplishments are so encouraging. A
It means a lot when my spouse helps with something I know he/she hates. D
16. I never get tired of my spouse's kisses. E
I love that my spouse shows real interest in things I like to do. B
17. I can count on my spouse to help me with projects. D
I still get excited when opening a gift from my spouse. C
18. I love for my spouse to compliment my appearance. A
I love that my spouse listens to me and respects my ideas. B
19. I can't help but touch my spouse when he/she is close by. E
My spouse sometimes runs errands for me, and I appreciate that. D
20. My spouse deserves an award for all the things he/she does to help me. D
I'm sometimes amazed at how thoughtful my spouse's gifts to me are. C
21. I love having my spouse's undivided attention. B
It makes me feel good when my spouse does some act of service for me. D
22. I look forward to seeing what my spouse gives me for my birthday. C
I never get tired of hearing my spouse tell me I am important to him/her. A

23. My spouse lets me know he/she loves me by giving me gifts. C
My spouse shows love by helping me without me having to ask. D
24. My spouse doesn't interrupt me when I'm talking, and I like that. B
I never get tired of receiving gifts from my spouse. C
25. My spouse is good about asking how he/she can help when I'm tired. D
It doesn't matter where we go, I just like going places with my spouse. B
26. I love when my spouse kisses me unexpectedly. E
I love surprise gifts from my spouse. C
27. My spouse's encouraging words give me confidence. A
I love to watch movies with my spouse. B
28. I couldn't ask for any better gifts than the ones my spouse gives me. C
I love that my spouse can't keep his/her hands off me. E
29. It means a lot when my spouse helps me despite being busy. D
It makes me feel good when my spouse tells me he/she appreciates me. A
30. I love hugging and kissing my spouse after we've been apart for awhile. E
I love hearing my spouse tell me he/she believes in me. A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch