

# The Five Love Languages

## Five Minute Assessment

Name: \_\_\_\_\_

	I feel especially loved when people express how grateful they are for me, and the simple, everyday things I do	<i>You feel loved when another person tells you that he or she values you as a person and appreciates you</i>	Words of Affirmation
	I feel especially loved when a person gives me undivided attention and spends time alone with me	<i>You feel closer to another person when you receive focused attention</i>	Quality Time
	I feel especially loved by someone who brings me gifts and other tangible expressions of love	<i>Tangible expressions of love assure you that the other person is not just thinking of you, but that he or she cares enough to show it</i>	Receiving Gifts
	I feel especially loved when someone pitches in to help me, perhaps by running errands or taking on my household chores	<i>You feel most loved when someone helps you carry out your responsibilities</i>	Acts of Service
	I feel especially loved when a person expresses feelings for me through physical contact	<i>You feel loved when you literally make contact with another person. You enjoy being embraced and feeling another's touch</i>	Physical Touch

After carefully reading each statement rate each of the five sections on a scale of 1 – 5  
 1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always

**Write you score in the left hand column**

My primary love language is \_\_\_\_\_

My secondary love language is \_\_\_\_\_

*Based on Five Love Languages by Dr. Gary Chapman*