

Love Languages Assessment

relationship-building exercise

Love Languages Assessment relationship-building exercise

Love languages are the ways people show and receive love. Understanding which love languages are most important to you can help you express your wants and needs more effectively.

Instructions: Rate how important it is for you to *apprise* each love language, where 1 is "not important" and 5 is "very important." Then, for each love language, give examples of what you most appreciate receiving.

1	2	3	4	5
not important	less important	neutral	important	very important

Acts of service (chores, errands, work)	1	2	3	4	5
Favorite examples					

Gifts (receiving a gift or thoughtful gesture)	1	2	3	4	5
Favorite examples					

Physical touch (cuddles or less sexual physical affection)	1	2	3	4	5
Favorite examples					

Quality time (shared time, working with, undivided attention)	1	2	3	4	5
Favorite examples					

Words of affirmation	1	2	3	4	5
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Love Languages Exercise

Elizabeth Carroll, Jim Carroll



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