

The Five Love Languages Quiz

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In your heart, you can know that your partner loves you, but sometimes that's not good enough. Knowing that someone loves you is different than feeling and experiencing their love. But you will never feel love from anyone else until they start to give it in a way that makes sense to you. In other words, they have to speak your love language in order for you to appreciate their love for you.

For instance, if I only spoke French to my English-speaking husband, he would never respond. He would eventually feel distant, lonely, and unheard. His responses to me would mirror his frustration. We naturally speak in our own language when we want to communicate. If I want a positive response from my husband, I need to speak his language.

In order for your partner to make you feel loved, you must know your love language so that you can share it with him. And he must then use your love language to express his love for you. When he is expressing his love to you, he has to speak your language, not his. Otherwise, you won't get it, and you'll begin to feel unloved. You must also use his love language, not yours, to express your love for him.

The five love languages quiz will help you and your partner understand each other's love language so that you can both feel loved by each other. Take the short quiz below to discover your love language and how you could be falsely labeled when you're not feeling loved.

If you could only receive **1 item**, from each of the sets below, which would make you the happiest?

1.

- a. Hand written notes and cards
- b. Spending every moment of the day together
- c. A single rose
- d. A car wash and fill up with gas
- e. Lots of hugs and kisses

2.

- a. A phone call expressing how much you're appreciated
- b. Binge watching Netflix with someone you love
- c. Your favorite chocolates
- d. Help cleaning your office or home
- e. A back rub

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3.
 - a. Compliments on your new outfit
 - b. Enjoying a concert with someone you love
 - c. Gift wrapped jewelry
 - d. Help organizing your closet
 - e. Cuddling on the couch

4.
 - a. Praise for a job well done
 - b. A long walk on the beach with someone you love
 - c. Your favorite perfume
 - d. Help washing the dishes and cleaning the kitchen
 - e. Public displays of affection, i.e. holding hands

5.
 - a. Encouraging words when you're having a bad day
 - b. One on one time with a love one without phones
 - c. Your favorite scented candles
 - d. He volunteers to do the laundry
 - e. Cuddling while watching a movie

6.
 - a. A thankyou note expressing gratitude and appreciation for who you are
 - b. Window shopping with your favorite person
 - c. A gift basket full of your favorite things
 - d. Help with your chores
 - e. An unexpected kiss

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If you chose:

Mostly **A's**: Your primary love language is Words of Affirmation. You feel loved when your friends, family, and significant others are verbal. You love to hear them speak their mind (positive words) when it comes to how they feel about you. "I love you, you are special, or you look amazing" have meaning to you and you need to hear them on the regular. When you don't hear them on the regular, you could be labeled as "**insecure**," because you may start to fish for compliments that aren't volunteered. But you're not necessarily insecure. You just need reassurance. Instead of fishing for compliments, simply ask your loved ones, to tell you "how they really feel about you." You could even ask for a written note so that you can go back and read it as often as necessary.

Mostly **B's**: Your primary love language is Quality Time. You love spending time with people you love. It doesn't matter what you're doing, you just want to be with them. You need their undivided attention in order to feel loved. When you haven't received it in a while, you could be labeled as "**clingy**," because you want all of their time. It's not that you're clingy, you just need attention and reassurance that you're loved. After you get the quality time that you need, you'll go back to being yourself again.

Mostly **C's**: Your love language is Gifts. You feel loved when people give you tangible tokens. You love the sentiment, thought, and consideration that goes into the gift selection. No matter how small, you really appreciate them for thinking of you. If it's been a while since you last received a gift, you could easily be labeled as "**materialistic**." You begin to complain about what you don't have when all you really want is to feel loved. Instead of seeking love tokens from everyone else, sometimes, you have to spoil yourself. It's ok to remind yourself that you're still special even if others can't afford to.

Mostly **D's**: Your primary love language is Acts of Service. You feel loved when people run your errands, clean, cook, or open doors for you. You have to see action when it comes to believing in their love for you. When you don't see love in action, you could be labeled as "**ungrateful**." No matter how much someone says they love you, it's not enough. In your mind, talk is cheap. Ask them to help you with a specific task, then praise their efforts. They will be more inclined to volunteer the service next time.

Mostly **E's**: Your primary love language is Affection or Physical Touch. You love hugs, back rubs, and being held for no reason. When you aren't getting enough physical touch, you may innocently get touchy-feely with just about anyone. This can lead to you being falsely labeled, as "**a tease**," or someone who is "**sexually inappropriate**." Nowadays, that label can rob you of your career, reputation, and freedom. Because not everyone is as touchy-feely as you are, stick to your close friends, family, or significant others when you need physical touch.

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For more information about the [5 love languages](#), read the book by Dr. Gary Chapman.