

Your Love Language Assessment

- A. Read through the list of twenty statements and place a check on the score which is most appropriate for you: “Usually True,” Sometimes True,” Seldom True” of “Hardly Ever True.”
- B. Do not ponder at length over any one question, be as realistic as you can, answering not as you would like to be, but as you are at this stage in your life.

Beside each statement check the appropriate box which comes closest to your normal tendency.

	Usually True (5)	Sometimes True (3)	Seldom True (1)	Hardly ever True (0)
1. I agree with Mark Twain who said, “I can live for two months on a good compliment.”				
2. I look forward to spending “alone time” with those close to me.				
3. Christmas and birthdays are very important dates to me.				
4. I enjoy expressing my love to others by doing “the little things” for them.				
5. I express affection through frequent hugs.				
6. I prefer to encourage others more with “the carrot” than with the “stick.”				
7. I have the ability to “hear between the lines.”				
8. I frequently express my gratitude, friendship, or love by giving a small gift.				
9. A gift of love is more clearly expressed through doing than through buying.				
10. I frequently pat others on the back or touch their arm during conversation.				
11. Words are important to me, and I want to make sure they are used appropriately.				
12. People frequently tell me I am a good listener.				
13. When I receive a gift it’s the thought, not the gift, that matters.				
14. Love is more practical than it is emotional.				

15.As a child, getting a spanking was a worse punishment than being grounded.				
16.When encouraging people, words speak louder than actions.				
17.I believe quality time is most likely when there is a good quantity of time spent.				
18.I prefer a personally selected gift over receiving a gift certificate or cash.				
19.In encouraging people, actions speak louder than words.				
20.I am comfortable being in close proximity to people.				

C. After answering the twenty statements, transfer the numerical value of your answers to the Tabulation Chart below.

In the boxes below, score five points for “Usually True,” three points for “Sometimes True,” one point for “Seldom True” and zero points for “Hardly Ever True.”

				TOTALS	
1	6	11	16		
2	7	12	17		
3	8	13	18		
4	9	14	19		
5	10	15	20		

D. Add the scores horizontally in each line and record the total in the “TOTALS” column.

E. Your name: _____