

What is your love language?

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In Gary Chapman's, [The Five Love Languages](#), he writes that we each express our love with certain 'languages', and there are certain 'languages' that we hear love in. If someone speaks a different language than we hear, they might be saying "I love you" over and over, but it is hard to hear the love coming through. Here's a quiz to help determine your love languages. Several options might sound lovely to you... choose the one that would most make you feel *loved*.

1. Which would be the sweetest thing someone could do for you to show their love?
 - A. Give me a massage.
 - B. Write a card telling me everything they love about me.
 - C. Buy me something I had admired in a store.
 - D. Clean the house while I take a nap or go for a long walk.
 - E. Give up an evening's plans just to spend time with me.

2. If you had a really hard day, what would be the most helpful thing someone could do?
 - A. Curl up on the couch with me while we talk.
 - B. Tell me that they love me, and know I'm doing the best I can.
 - C. Surprise me with a special treat to make up for the rough day.
 - D. Run errands for me and make dinner, so I can rest for a while.
 - E. Spend time together just talking and relaxing and re-connecting.

3. You are late and in a hurry. What could someone do quickly that would help you feel loved?
 - A. A hug.
 - B. Tell me they love me, and think I look great.
 - C. Hand me my favorite snack to eat in the car.
 - D. Say that they'll take care of taking the trash out.
 - E. Say they look forward to our next chance to spend time together.

4. A friend has been out of work for a while and is feeling really down. What do you do?
 - A. Give them a hug, or put my hand on their arm while we talk.
 - B. Tell them how great they are, and what confidence I have in them.
 - C. Take them out for dinner at their favorite restaurant.
 - D. Spend a few hours helping them write job applications.
 - E. Set aside time each week to spend together.

5. When you meet with a friend for lunch, they tell you, joyfully, that they are going to have a baby. Do you
 - A. Give them a huge hug.
 - B. Say "I'm so excited for you, you'll be such a great parent"
 - C. Start thinking about what gifts you'll give at the baby shower.
 - D. Offer to help them complete some projects before the baby comes.
 - E. Spend a long lunch together, just talking about the news.

Scoring

Questions 1 – 3 are about what love language(s) you are best able to *hear*, and most enjoy having spoken to you. Questions 4 and 5 are about what language(s) you feel most comfortable *speaking* to your loved ones. These might be the same, but they're often different. Here's what the answers indicate about your love language(s).

A = Physical Touch.

B = Words of Affirmation.

C = Gifts.

D = Acts of Service.

E = Quality Time.

Think about people you are in relationship with (your partner, friend, etc.). Do they speak your language? Do you think you speak their language? In a few lucky relationships, each person happens to be most comfortable speaking the love language the other most needs to hear.

For most of us, though, there are times when our languages are out of synch. It's important to learn what language our loved one(s) hears, so that we can try to speak in that language as much as possible. It's also good if they know what our primary speaking language is, so that if we "miss the mark" at making them feel loved, at least they know we're trying!

For example, you may have a loved one who thrives on words of affirmation, but if you come from a very reserved background, it may be very difficult to give effusive praise and have it sound genuine. You'll try to learn a new language, and they'll forgive you for your stumbles. You can learn to give verbal encouragement as often as possible, and they can learn to translate your quiet "you did a nice job" into the full cheerleader routine they'd love to hear.

Applying the Love Languages – Examples for a Romantic Partner

Physical Touch: If this is your partner's language, try: stroking their hair, holding their hand, massage, hugging, kissing, rubbing their feet... Be in physical contact whenever possible. Spend time snuggling when possible. (And, if you're not primarily a physical touch person, and are feeling overwhelmed by being in physical contact with your child so much, encourage your partner to take some snuggle time (or wrestling time) with your kid(s). They'll both be happy!)

Words of Affirmation: Encouragement and praise are vital to supporting your partner. Acknowledging all the hard work they are doing, and validating the way they are taking care of the family, work and day to day tasks is very helpful. They may feel unsupported if you do not actively cheer them on. They may be very sensitive to criticism, so be gentle.

Gifts: Surprise your partner with symbols of affection, and thoughtful little details. Bring home their favorite snack. Take pictures of the children to share with them at the end of the day. Leave love notes around the house. Buy a flower at the grocery store. It doesn't have to be extravagant and expensive. Any little "gift" that is chosen especially for them will speak your love loud and clear. Never forget to get a gift for special occasions!

Acts of Service: While all of us appreciate support with household responsibilities, for some people this is the most important thing. Help with doing laundry, washing dishes, running errands, making a to-do list together. Ask them which tasks most need to be done, and focus on those priorities. Don't forget to do the tasks that you have promised to be responsible for!

Quality Time: This partner needs your Presence and Attention. They do not want you getting home late from work (even if you were stopping to get a gift), or spending time doing tasks when you could be together. They want someone by their side, supporting just by being there and being attuned to their needs. Arrange for a babysitter and go out on a date!