

# Printable Love Language Quiz

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## Introduction

Understanding your love language can transform how you connect with others. Use this quiz to determine your primary love language and take steps toward building stronger, more meaningful relationships.

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## The Five Love Languages

1. **Words of Affirmation:** Verbal encouragement, appreciation, and kind words.
  2. **Acts of Service:** Actions that help and show love, like doing chores or errands.
  3. **Receiving Gifts:** Thoughtful gestures and tangible symbols of love.
  4. **Quality Time:** Focused, undivided attention.
  5. **Physical Touch:** Physical closeness, like hugs and hand-holding.
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## The Quiz

For each pair of statements, circle the one that best describes you. At the end, tally your score to find your primary love language.

1.

- A. I feel loved when people express appreciation for me. (**Words of Affirmation**)
- B. I feel loved when someone helps me out with a task. (**Acts of Service**)
- C. I enjoy receiving thoughtful gifts. (**Receiving Gifts**)
- D. I feel loved when we spend uninterrupted time together. (**Quality Time**)
- E. I feel connected when someone hugs or touches me. (**Physical Touch**)

2.

- A. Words of praise and compliments make me feel valued. (**Words of Affirmation**)
- B. I feel loved when someone does something to ease my burden. (**Acts of Service**)
- C. I appreciate when someone surprises me with a gift. (**Receiving Gifts**)
- D. Spending quality time with someone means more to me than receiving a gift. (**Quality Time**)
- E. Physical affection, like hugs, makes me feel connected. (**Physical Touch**)

3.

- A. Hearing "I love you" means a lot to me. (**Words of Affirmation**)
- B. I feel loved when someone offers to help me with my work. (**Acts of Service**)
- C. Gifts from loved ones make me feel special. (**Receiving Gifts**)
- D. I enjoy meaningful one-on-one conversations. (**Quality Time**)
- E. Holding hands with someone I care about makes me feel loved. (**Physical Touch**)

4.

- A. Compliments and kind words lift me up. (**Words of Affirmation**)
- B. I feel loved when someone does chores for me. (**Acts of Service**)
- C. Receiving a gift shows me someone cares. (**Receiving Gifts**)
- D. I feel closer to someone when we do activities together. (**Quality Time**)
- E. I feel loved when someone gives me a reassuring touch. (**Physical Touch**)

5.

- A. Being told "You're appreciated" makes my day. (**Words of Affirmation**)
- B. I value when someone takes the time to help me out. (**Acts of Service**)
- C. Gifts are a great way to show you care. (**Receiving Gifts**)
- D. I love when people make time to be with me. (**Quality Time**)
- E. I feel loved when someone gives me a hug. (**Physical Touch**)

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### Scoring

1. Count the number of times you circled each letter.
    - A = Words of Affirmation
    - B = Acts of Service
    - C = Receiving Gifts
    - D = Quality Time
    - E = Physical Touch
  2. The letter with the highest score is your primary love language.
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## Next Steps

Now that you know your love language, share it with your loved ones! Understanding each other's love languages can strengthen your bonds and improve communication.

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**Disclaimer:** This quiz is inspired by the work of Dr. Gary Chapman but is an independent tool for personal exploration.