

The Five Languages of Love

By Dr Gary Chapman

Profile For Wives

Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service or Physical Touch? Which of these is your primary love language. The following profile will help you know for sure. Then you and your husband can discuss your respective love languages and use this information to improve your marriage.

The Profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements, and then, in the right hand column, circle the letter that matches up with the statement you choose. It may be tough at times to decide between two statements, however you should only chose one per pair to ensure the most accurate profile results. Once you've finished making your selections, go back and count the number of times you circled each individual letter. List the results in the appropriate spaces at the end of the profile. Your primary love language is the one that receives the most points.

Profile For Wives

1.	Sweet notes from my husband make me feel good	A
	I love my husbands hugs	E
2.	I like to be alone with my husband	B
	I feel loved when my husband washes my car	D
3.	Receiving special gifts from my husband makes me happy	C
	I enjoy long trips with my husband	B
4.	I feel loved when my husband helps with the laundry	D
	I like it when my husband touches me	E
5.	I feel loved when my husband puts his arms around me	E
	I know my husband loves me because he surprises me with gifts	C
6.	I like going most anywhere with my husband	B
	I like to hold my husband's hand	E
7.	I value the gifts my husband gives to me	C
	I love to hear my husband say he loves me	A
8.	I like for my husband to sit close to me	E
	My husband tells me I look good and I like that	A
9.	Spending time with my husband makes me happy	B
	Even the smallest gift from my husband is important to me	C
10.	I feel loved when my husband tells me he is proud of me	A
	When my husband helps clean up after a meal, I know that he loves me	D
11.	No matter what we do I love doing things with my husband	B
	Supportive comments from my husband makes me feel good	A
12.	Little things my husband does for me mean more to me than things he says	D
	I love to hug my husband	E
13.	My husband's praise means a lot to me	A
	It means a lot to me that my husband gives me gifts I really like	C
14.	Just being around my husband makes me feel good	B
	I love it when my husband gives me a massage	E
15.	My husband's reaction to my accomplishments are so encouraging	A
	It means a lot to me when my husband helps with something I know he hates	D

16.	I never get tired of my husband's kisses	E
	I love that my husband shows real interest in things I like to do	B
17.	I count on my husband to help me with projects	D
	I still get excited when opening a gift from my husband	C
18.	I love for my husband to complement my appearance	A
	I love that my husband listens to me and respects my ideas	B
19.	I can't help but touch my husband when he's close by	E
	My husband sometimes runs errands for me, and I appreciate that	D
20.	My husband deserves an award for all the things he does to help me	D
	I'm sometimes amazed at how thoughtful my husbands gifts to me are	C
21.	I love having my husbands undivided attention	B
	I love that my husband helps clean the house	D
22.	I look forward to seeing what my husband gives me for my birthday	C
	I never get tired of hearing my husband tell me that I am important to him	A
23.	My husband lets me know he loves me by giving me gifts	C
	My husband shows his love by helping me without me having to ask	D
24.	My husband doesn't interrupt me when I am talking, and I like that	B
	I never get tired of receiving gifts from my husband	C
25.	My husband is good about asking how he can help when I am tired	D
	It doesn't matter where we go, I just like going places with my husband	B
26.	I love cuddling with my husband	E
	I love surprise gifts from my husband	C
27.	My husband's encouraging words give me confidence	A
	I love to watch movies with my husband	B
28.	I couldn't ask for any better gifts than the ones my husband gives me	C
	I love it that my husband can't keep his hands of me	E
29.	It means a lot to me when my husband helps me despite being busy	D
	It makes me feel really good when my husband tells me he appreciates me	A
30.	I love hugging and kissing my husband after we have been apart for a while	E
	I love hearing my husband tell me that he missed me	A

A: 6 B: 2 C: 3 D: 4 E: 7

A = Words of Affirmation **B = Quality Time** **C = Receiving Gifts** **D = Acts of Service** **E = Physical Touch**

The Five Languages of Love

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Profile For Husbands

You may think you already know your primary love language. Then again, you may have no clue. The Five Love Languages Profile will help you know for certain which love language is yours – Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service or Physical Touch.

The Profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements, and then, in the right hand column, circle the letter that matches up with the statement you choose. It may be tough at times to decide between two statements, however you should only chose one per pair to ensure the most accurate profile results.

Allow at least 15 to 30 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Once you've made your selections, go back and count the number of times you circled each individual letter. You can list the results in the appropriate spaces at the end of the profile.

Profile For Husbands

1.	My wife's love notes make me feel good	A
	I love my wife's hugs	E
2.	I like to be alone with my wife	B
	I feel loved when my wife helps me do yard work	D
3.	Receiving special gifts from my wife makes me happy	C
	I enjoy long trips with my wife	B
4.	I feel loved when my wife does the laundry	D
	I like it when my wife touches me	E
5.	I feel loved when my wife puts her arm around me	E
	I know my wife loves me because she surprises me with gifts	C
6.	I like going most anywhere with my wife	B
	I like to hold my wife's hand	E
7.	I value the gifts my wife gives to me	C
	I love to hear my wife say she loves me	A
8.	I like for my wife to sit close to me	E
	My wife tells me I look good and I like that	A
9.	Spending time with my wife makes me happy	B
	Even the smallest gift from my wife is important to me	C
10.	I feel loved when my wife tells me she is proud of me	A
	When my wife cooks a meal for me I know that she loves me	D
11.	No matter what we do I love doing things with my wife	B
	Supportive comments from my wife make me feel good	A
12.	Little things my wife does for me mean more to me than things she says	D
	I love to hug my wife	E
13.	My wife's praise means a lot to me	A
	It means a lot to me that my wife gives me gifts that I really like	C
14.	Just being around my wife makes me feel good	B
	I love it when my wife rubs my back	E
15.	My wife's reactions to my accomplishments are so encouraging	A
	It means a lot to me when my wife helps with something I know she hates	D

16.	I never get tired of my wife's kisses	E
	I love that my wife shows real interest in things I like to do	B
17.	I can count on my wife to help with projects	D
	I still get excited when opening a gift from my wife	C
18.	I love for my wife to compliment my appearance	A
	I love that my wife listens to my ideas and doesn't rush to judge or criticize	B
19.	I can't help but touch my wife when she comes close by	E
	My wife sometimes runs errands for me and I appreciate that	D
20.	My wife deserves an award for all the things she does to help me	D
	I'm sometimes amazed at how thoughtful my wife's gifts to me are	C
21.	I love having my wife's undivided attention	B
	Keeping the house clean is an important act of service	D
22.	I look forward to seeing what my wife gives me for my birthday	C
	I never get tired of my wife telling me that I am important to her	A
23.	My wife lets me know she loves my gifts	C
	My wife shows her love by helping me catch up on projects around the house	D
24.	My wife doesn't interrupt me when I am talking and I like that	B
	I never get tired of receiving gifts from my wife	C
25.	My wife can tell when I am tired and she's good about asking how she can help	D
	It doesn't matter where we go, I just like going places with my wife	B
26.	I love having sex with my wife	E
	I love surprise gifts from my wife	C
27.	My wife's encouraging words give me confidence	A
	I love to watch movies with my wife	B
28.	I couldn't ask for any better gifts than the ones my wife gives me	C
	I just can't keep my hands off my wife	E
29.	It means a lot to me when my wife helps me despite having a lot of other things to do	D
	It makes me feel really good when my wife tells me she really appreciates me.	A
30.	I love hugging and kissing my wife after we have been apart for a while	E
	I love hearing my wife tell me that she believes in me	A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation **B = Quality Time** **C = Receiving Gifts** **D = Acts of Service** **E = Physical Touch**

Love Language #1: Acts of Service

6

Criticism of your spouse's failure to do things for you maybe an indication that "acts of service" is your primary love language. Acts of service should never be coerced but should be freely given, received and completed as requested.

Love Language #2: Quality Time

9

Spending time together through sharing, listening and participating in joint meaningful activities communicates that we really care.

Aha's

Comment under Acts of Service - o yes, spend
disappointed when

Love Language #3: Physical Touch

7

Physical touch, as a gesture of love, reaches to the depths of our being. As a love language, it is a powerful form of communication from the smallest touch on the shoulder to the most passionate kiss.

Love Language #4: Receiving Gifts

3

Gifts are visual symbols of love, whether they are items you purchased or made, or are merely your own presence made available to your spouse. Gifts demonstrate that you care, and they represent the value of the relationship.

Love Language #5: Words of Affirmation

6

Compliments, words of encouragement and requests rather than demands all affirm the self-worth of your spouse. They create intimacy, heal wounds, and bring out the **full potential of your other half.**

Aha's

Some of the times we are both
... at ... this ...