Love Languages Assessment Relationship-Building Exercise

Instructions: For each statement, indicate how much you agree or disagree with it by selecting the corresponding number.					
1 = Strongly Disagree 2 = Somewhat Disagree 3 = Neutral 4 = Somewhat Agree 5 = Strongly Agree					
Statement	Ratings				
Words of Affirmation	1	2	3	4	5
When people give me positive feedback, it makes me feel valued.					
I like it when my loved ones encourage me and believe in me.					
Hearing "I love you" from my loved ones means a lot to me.					
Physical touch					
Holding hands, cuddling, or being close to my loved ones make me feel secure.					
I appreciate it when my loved ones touch me affectionately throughout the day.					
When my loved ones initiates physical intimacy, it makes me feel desired and loved					
Receiving gifts					
It means a lot to me when people remember special occasions with thoughtful gifts.					
I feel loved when I receive thoughtful gifts.					
I appreciate surprises with small tokens of affection.					

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Statement	Ratings				
Acts of service	1	2	3	4	5
Small gestures makes me feel loved					
It makes me feel supported when they are willing to help with difficult tasks.					
It makes me feel supported when they re willing to help with difficult tasks.					
Quality time					
I value having deep and meaningful conversations with the people that I love.					
Going on trips or exploring new places with my loved ones is important to me.					
I feel most connected to my loved ones when we spend uninterrupted time together					
Quality conversation					
I value when my loved ones share their ideas and perspectives with me.					
Having open and honest communication is a priority for me in my relationship.					
I appreciate it when people actively listen to me and ask questions to understand me better.					

Scoring

For each statement, add up the number that corresponds to your answer. Then, add up your total score for each love language