

## Improving Relationships Action Plan (2)

### Love Languages

One of the most common difficulties in relationships is communication, and not always what you are communicating to your partner but *how*. Have both you and your partner take the following quiz to learn more about how you like affection and love to be communicated to you, and identify your Love Languages.

I like to receive notes of affirmation. I like to be hugged.	A E	I like to be touched as friends and loved ones walk by. I like it when people listen to me and show genuine interest in what I am saying	E B
I like to spend one-to-one time with a person who is special to me. I feel loved when someone gives practical help to me.	B D	I feel loved when friends and loved ones help me with jobs or projects. I really enjoy receiving gifts from friends and loved ones.	D C
I like it when people give me gifts. I like leisurely visits with friends and loved ones.	C B	I like for people to compliment my appearance. I feel loved when people take time to understand my feelings.	A B
I feel loved when people do things to help me. I feel loved when people touch me.	D E	I feel secure when a special person is touching me. Acts of service make me feel loved.	E D
I feel loved when someone I love or admire puts his or her arm around me. I feel loved when I receive a gift from someone I love or admire.	E C	I appreciate the many things that special people do for me. I like receiving gifts that special people make for me.	D C
I like to go places with friends and loved ones. I like to high-five or hold hands with people who are special to me.	B E	I really enjoy the feeling I get when someone gives me undivided attention. I really enjoy the feeling I get when someone helps me make decisions.	B D
Visible symbols of love (gifts) are very important to me. I feel loved when people affirm me.	C E	I feel loved when a person celebrated my birthday with a gift. I feel loved when a person celebrates my birthday with meaningful words.	C A
I like to sit close to people whom I enjoy being around. I like for people to tell me I am beautiful/handsome.	E A	I know a person is thinking of me when he or she gives me a gift. I feel loved when a person helps with my chores.	C D
I like to spend time with friends and loved ones. I like to receive little gifts from friends and loved ones.	B C	I appreciate it when someone listens patiently and doesn't interrupt me. I appreciate it when someone remembers special days with a gift.	B C
Words of acceptance are important to me. I know someone loves me when he or she helps me.	A D	I like knowing loved ones are concerned enough to help with my daily tasks. I enjoy extended trips with someone who is special to me.	D B
I like being together and doing things with friends and loved ones. I like it when kind words are spoken to me.	B A	I enjoy kissing or being kissed by people with whom I am close. I enjoy receiving a gift given for no special reason.	E C

What someone does affects me more than what he or she says. Hugs make me feel connected and valued.	D E	I like to be told that I am appreciated. I like for a person to look at me when we are talking.	A B
I value praise and try to avoid criticism. Several small gifts mean more to me than one large gift.	A C	Gifts from a friend or loved one are always special to me. I feel good when a friend or loved one touches me.	C E
I feel close to someone when we are talking or doing something together. I feel closer to friends and loved ones when they touch me often.	B E	I feel loved when a person enthusiastically does some task I have requested. I feel loved when I am told how much I am needed.	D A
I like for people to compliment my achievements. I know people love me when they do things for me that they don't enjoy doing.	A D	I need to be touched every day. I need words of encouragement daily.	E A

*Dr Gary Chapman's book, The Five Love Languages*

Calculate the number of responses circled for each letter. The first one or two letters with the most number circled represent your primary and secondary love languages – this is how you like your partner to express their feelings for you.

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch