


# Love Languages Assessment


relationship-building exercise


**Love languages** are the ways people show and receive love. Understanding which love languages are most important to you can help you express your wants and needs more effectively.


**Instructions:** Rate how important it is for you to receive each love language, where 1 is “not important” and 5 is “very important.” Then, for each love language, give examples of what you most appreciate receiving.


1 not important	2 less important	3 neutral	4 important	5 very important
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 <b>Acts of service</b> (chores, childcare, work)	1	2	3	4	5
Favorite examples:					

 <b>Gifts</b> (receiving a gift or thoughtful gesture)	1	2	3	4	5
Favorite examples:					

 <b>Physical touch</b> (sexual or non-sexual physical affection)	1	2	3	4	5
Favorite examples:					

 <b>Quality time</b> (shared meal, evening walk, undivided attention)	1	2	3	4	5
Favorite examples:					

 <b>Words of affirmation</b> (verbal expressions of love and support)	1	2	3	4	5
Favorite examples:					