

Five Languages of Love Questionnaire - Adult

Instructions: Read each set of two statements and choose one statement that you would prefer from each set. Circle the "X" on the same line as your preference leaving the other "X" uncircled.

		A	B	C	D	E
1	I appreciate receiving notes of encouragement and affirmation from you	X				
	I appreciate a hug from you					X
2	I appreciate spending personal one-to-one time with you		X			
	I really appreciate it when you give me practical help				X	
3	I appreciate receiving gifts from you			X		
	I appreciate taking long walks with you		X			
4	I sense your love when you do things that help me				X	
	I sense your love when you physically touch me					X
5	I feel love when you hold me in your arms					X
	I feel loved when I get a gift from you			X		
6	I appreciate going places with you		X			
	I appreciate holding hands with you					X
7	Gifts are important to me			X		
	I appreciate your words of affirmation	X				
8	I appreciate sitting close to you					X
	I like you to mention my physical attractiveness	X				
9	I appreciate spending time with you		X			
	I appreciate getting little gifts from you			X		
10	Verbal acceptance from you is important	X				
	I sense your love when you help me				X	
11	I appreciate being together when we do things		X			
	I appreciate it when you say nice things to me	X				
12	I'm affected more by what you do than what you say				X	
	When we embrace I feel complete					X
13	I don't like to be criticized by you but I love to be praised	X				
	Small gifts given over time are more important to me than one big gift			X		
14	When we talk or do something together I feel closest to you		X			
	Touching me often gives me a feeling of closeness from you					X
15	I appreciate when you compliment my achievements	X				
	When you do things for me that you don't enjoy, I have a strong sense of your love for me				X	
16	When you walk by me I like a simple touch from you					X
	I appreciate having you listen to me sympathetically		X			
17	I have a sense of your love when you help me with my jobs around the house				X	
	I like to get gifts from you			X		
Total – Page 1 (add X's in each column)						

