

Empowered Living Program



The Five Love Languages

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. This 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, but you should only choose one per pair to ensure the most accurate profile results.

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.

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



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

Now add up your scores:

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

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

Your primary love language is the one that received the highest score. You are “bilingual” and have two primary love languages if point totals are equal for any two love languages. If your second highest scoring love language is close in score but not equal to your primary love language, then this simply means that both expressions of love are important to you. The highest possible score for any one love language is 12.

You may have scored certain ones of the love languages more highly than others, but do not dismiss those other languages as insignificant. Your spouse may express love in those ways, and it will be helpful to you to understand this about him/her.

In the same way, it will benefit your spouse to know your love language and express his/her affection for you in ways that you interpret as love. Every time you or your spouse speaks each other's language, you score emotional points with one another. Of course, this isn't a game with a scorecard! The payoff of speaking each other's love language is a greater sense of connection. This translates into better communication, increased understanding, and ultimately, improved romance.

Program Reference Guide and Suggested Reading List

- Life's Greatest Lessons – Hal Urban, 2003
- Peaks and Valleys – Spenser Johnson, MD 2009
- Happiness is a Choice: Barry Neil Kaufman 1991
- Tired of Being Tired: Jesse Lynn Hanley, MD 2002
- What to Say When you Talk to Yourself: Shad Helmstetter, Phd 1987
- The 7 Habits of Highly Effective People: Stephen r. Covey, 1989
- The Five Love Languages: Gary Chapman 2004
- The Seven Levels of Intimacy: Matthew Kelly 2006
- The Power of Focus: Jack Canfield, Mark Victor Hansen, Les Hewitt, 2000
- A New Earth: Eckhart Tole 2005
- Stillness Speaks: Eckhart Tole 2003
- The Power of Now: Eckhart Tole
- The Secret: Rhonda Byrne 2006
- How to Really Change Your Life: Norm Barlow, Phd 2007