

PRINTABLE WORKSHEET

What is my love language?

How loved do you feel in each situation? 1 = not much, 3 = somewhat, 5 = deeply loved. Independent quiz with original questions; not affiliated with “The 5 Love Languages”.

1. When my partner tells me specifically what they appreciate about me. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. When we have an evening together with our phones away. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. When my partner brings me something small because it made them think of me. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. When my partner takes care of something I've been dreading. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. When my partner reaches for my hand or hugs me for no particular reason. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. When my partner really listens to a problem without rushing to fix it. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. When my partner tells me they're proud of me. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. When we do something together just for the two of us. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. When my partner remembers a date or a detail and marks it with something. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. When I come home and something has already been handled. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. When my partner sits close to me rather than across the room. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. When my partner takes my side when I'm having a hard time. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. When I get a message from my partner during the day saying something kind. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

14. When my partner gives me their full attention while I talk. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

15. When my partner gives me something that shows they know my taste. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

16. When my partner notices what needs doing and just does it. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

17. When my partner touches my back or shoulder in passing. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

18. When my partner remembers what I was worried about and asks how it went. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring

Add up each category (3–15). Your top two are where your partner's efforts land most; close scores mean a balanced profile.

Words of affirmation (items 1, 7, 13): ____

Quality time (items 2, 8, 14): ____

Thoughtful gifts (items 3, 9, 15): ____

Acts of service (items 4, 10, 16): ____

Physical touch (items 5, 11, 17): ____

Feeling understood (items 6, 12, 18): ____

Tell your partner specifically: "Twenty minutes after dinner with our phones away makes me feel close to you" beats "my love language is quality time".

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-love-language-quiz.html