

PRINTABLE WORKSHEET

What is my partner's love language?

How often is each statement true of your partner? 1 = rarely, 3 = sometimes, 5 = very often. Then ask them — asking beats any quiz.

1. My partner lights up when I praise or thank them.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
2. My partner complains that we don't spend enough time together.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
3. My partner keeps cards, notes or small things I've given them.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4. My partner gets frustrated when I don't follow through on chores or promises.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
5. My partner often reaches for me, or seems hurt when I pull away.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6. My partner says I don't listen, or that I jump to solutions.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
7. Criticism seems to hit my partner especially hard.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
8. My partner notices when I'm on my phone while we're together.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
9. My partner puts thought into gifts for other people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
10. My partner shows love by doing things for people.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
11. My partner is physically affectionate with the people they love.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
12. My partner is most at ease after we've talked something through properly.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
13. My partner often tells me or others what they appreciate.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
14. My partner suggests plans for just the two of us.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
15. My partner is disappointed when a birthday or anniversary passes without a gesture.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
16. My partner says "it would really help if you..."	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
17. My partner seems calmer after a hug.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
18. My partner wants to know I'm on their side before we solve anything.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

Scoring

Add up each category (3–15). The top two are your partner's likely love languages.

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): ____

Ideas for this week

Words of affirmation: Send a specific appreciation midday ("I keep thinking about how you handled that call"). • Say what you admire about them in front of other people. • Leave a short note where they'll find it.

Quality time: Twenty minutes a day with phones in another room. • A standing weekly walk or date that you both protect. • Ask one real question, then a follow-up question.

Thoughtful gifts: Bring home the thing they mentioned once and assumed you'd forgotten. • Mark small anniversaries and milestones. • Print a photo from a good day together.

Acts of service: Ask: "What's one thing I can take off your list this week?" Then do it. • Handle a task they dread (a call, a form, the car). • Set up the morning for them: coffee, lunches, the dishwasher.

Physical touch: Greet and say goodbye with a real hug. • Hold hands on a walk or reach for them in passing. • Sit close on the couch rather than at either end.

Feeling understood: Ask how they're really doing, and listen without fixing. • Reflect back what you heard before you respond. • Remember what's worrying them and check in on it later.

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