

# Love Language Test

For each statement, indicate how much you agree or disagree with it by selecting the corresponding number. 1 = Strongly Disagree, 2 = Somewhat Disagree, 3 = Neutral, 4 = Somewhat Agree, 5 = Strongly Agree

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

I appreciate it when people tell me how much they love and appreciate me.

- 1
- 2
- 3
- 4
- 5

Hearing "I love you" from my loved ones means a lot to me.

- 1
- 2
- 3
- 4
- 5

It makes me feel good when my loved ones thank me for doing something for them

- 1
- 2
- 3
- 4
- 5

I like it when my loved ones encourage me and believe in me.

- 1
- 2
- 3
- 4
- 5

When people give me positive feedback, it makes me feel valued.

- 1
- 2
- 3
- 4
- 5

I feel most connected to my loved ones when we spend uninterrupted time together.

- 1
- 2
- 3
- 4
- 5

I appreciate it when my loved ones put aside distractions and actively engage with me.

- 1
- 2
- 3
- 4
- 5

Going on trips or exploring new places with my loved ones is important to me.

---

- 1
- 2
- 3
- 4
- 5

I value having deep and meaningful conversations with the people that I love.

---

- 1
- 2
- 3
- 4
- 5

I enjoy engaging in fun and playful activities with the people that I love, like playing games or going on adventures.

---

- 1
- 2
- 3
- 4
- 5

It means a lot to me when people remember special occasions with thoughtful gifts.

---

- 1
- 2
- 3
- 4
- 5

I feel loved when I receive thoughtful gifts.

---

- 1
- 2
- 3
- 4
- 5

I appreciate surprises with small tokens of affection.

---

- 1
- 2
- 3
- 4
- 5

I enjoy giving and receiving symbolic gifts, like matching jewelry or mementos.

---

- 1
- 2
- 3
- 4
- 5

When people put effort into choosing a gift for me, it makes me feel loved.

---

- 1
- 2
- 3
- 4
- 5

I feel most loved when my loved ones help me with tasks or chores without me having to ask.

---

- 1
- 2
- 3
- 4
- 5

It means a lot to me when my loved ones take care of practical things for me, like running errands.

---

- 1
- 2
- 3
- 4
- 5

Small gestures like making me coffee or packing my lunch for the day make me feel loved.

---

- 1
- 2
- 3
- 4
- 5

It makes me feel supported when they're willing to help with difficult tasks.

---

- 1
- 2
- 3
- 4
- 5

I appreciate it when my loved ones make life easier for me by taking on extra responsibilities.

---

- 1
- 2
- 3
- 4
- 5

Physical touch, like holding hands or hugging, is an important way for me to feel connected to them.

---

- 1
- 2
- 3
- 4
- 5

Holding hands, cuddling, or being close to my loved ones make me feel secure.

---

- 1
- 2
- 3
- 4
- 5

I appreciate it when my loved ones touch me affectionately throughout the day.

---

- 1
- 2
- 3
- 4
- 5

When my loved ones initiates physical intimacy, it makes me feel desired and loved

---

- 1
- 2
- 3
- 4
- 5

I feel most connected to the people that I love when we touch frequently.

---

- 1
- 2
- 3
- 4
- 5

I feel most connected to the people that I love when we have deep and meaningful conversations.

---

- 1
- 2
- 3
- 4
- 5

I appreciate it when people actively listen to me and ask questions to understand me better.

---

- 1
- 2
- 3
- 4
- 5

Discussing our feelings and thoughts is an important part of my relationship with my loved ones.

---

- 1
- 2
- 3
- 4
- 5

Having open and honest communication is a priority for me in my relationship.

---

- 1
- 2
- 3
- 4
- 5

I value when my loved ones share their ideas and perspectives with me.

---

- 1
- 2
- 3
- 4
- 5

Small gestures like opening doors or holding hands make me feel loved.

---

- 1
- 2
- 3
- 4
- 5

It means a lot to me when my people remember things that are important to me.

---

- 1
- 2
- 3
- 4
- 5

I feel loved when people support me in pursuing my goals and dreams.

---

- 1
- 2
- 3
- 4
- 5

When people goes out of their way to make me feel happy or comfortable, it makes me feel special.

---

- 1
- 2
- 3
- 4
- 5

I feel valued when people show me kindness and consideration through their actions.

---

- 1
- 2
- 3
- 4
- 5