

Five Love Languages®

by Gary Chapman, PhD

Profile for Husbands

DIRECTIONS: Take this quiz when you are relaxed, and try not to rush through it. Pick only one statement in each pair below as the one that best represents your desire, then circle the letter that matches up with the statement you choose.

| | | | | | |
|---|--|---|----|---|---|
| 1 | My wife's love notes make me feel good. | A | 16 | I never get tired of my wife's kisses. | E |
| | I love my wife's hugs. | E | | I love that my wife shows real interest in things I like to do. | B |
| 2 | I like to be alone with my wife. | B | 17 | I can count on my wife to help me with projects. | D |
| | I feel loved when my wife helps me do yard work. | D | | I still get excited when opening a gift from my wife. | C |
| 3 | Receiving special gifts from my wife makes me happy. | C | 18 | I love for my wife to compliment my appearance. | A |
| | I enjoy long trips with my wife. | B | | I love that my wife listens to my ideas and doesn't rush to judge or criticize. | B |
| 4 | I feel loved when my wife does my laundry. | D | 19 | I can't help but touch my wife when she's close by. | E |
| | I like it when my wife touches me. | E | | My wife sometimes runs errands for me, and I appreciate that. | D |
| 5 | I feel loved when my wife puts her arm around me. | E | 20 | My wife deserves an award for all the things she does to help me. | D |
| | I know my wife loves me because she surprises me with gifts. | C | | I'm sometimes amazed at how thoughtful my wife's gifts to me are. | C |
| 6 | I like going most anywhere with my wife | B | 21 | I love having my wife's undivided attention. | B |
| | I like to hold my wife's hand. | E | | Keeping the house clean is an important act of service. | D |
| 7 | I value the gifts my wife gives to me. | C | 22 | I look forward to seeing what my wife gives me for my birthday. | C |
| | I love to hear my wife say she loves me. | A | | I never get tired of hearing my wife tell me that I am important to her. | A |
| 8 | I like for my wife to sit close to me. | E | 23 | My wife lets me know she loves me by giving me gifts. | C |
| | My wife tells me I look good, and I like that. | A | | My wife shows her love by helping me catch up on projects around the house. | D |
| 9 | Spending time with my wife makes me happy. | B | 24 | My wife doesn't interrupt me when I am talking and I like that. | B |
| | Even the smallest gift from my wife is important to me. | C | | I never get tired of receiving gifts from my wife. | C |

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|-----------|--|---|-----------|--|---|
| 10 | I feel loved when my wife tells me she is proud of me. | A | 25 | My wife can tell when I'm tired, and she's good about asking how she can help. | D |
| | When my wife cooks a meal for me, I know that she loves me. | D | | It doesn't matter where we go, I just like going places with my wife. | B |
| 11 | No matter what we do, I love doing things with my wife. | B | 26 | I love having sex with my wife. | E |
| | Supportive comments from my wife make me feel good. | A | | I love surprise gifts from my wife. | C |
| 12 | Little things my wife does for me mean more to me than things she says. | D | 27 | My wife's encouraging words give me confidence. | A |
| | I love to hug my wife. | E | | I love to watch movies with my wife. | B |
| 13 | My wife's praise means a lot to me. | A | 28 | I couldn't ask for any better gifts than the ones my wife gives me. | C |
| | It means a lot to me that my wife gives me gifts I really like | C | | I just can't keep my hands off my wife. | E |
| 14 | Just being around my wife makes me feel good. | B | 29 | It means a lot to me when my wife helps me despite having other things to do. | D |
| | I love it when my wife rubs my back. | E | | It makes me feel really good when my wife tells me she appreciates me. | A |
| 15 | My wife's reactions to my accomplishments are so encouraging. | A | 30 | I love hugging and kissing my wife after we've been apart for a while. | E |
| | It means a lot to me when my wife helps with something I know she hates. | D | | I love hearing my wife tell me that she believes in me. | A |

Now that you've made your selections, go back and count the number of times you circled each individual letter and list those results in the appropriate spaces below to discover your primary love language. You are "bilingual" and have two primary love languages if point totals are equal for any two love languages. Every time you or your wife speak (express) each other's love language, you score emotional points with one another.

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

A = Words of Affirmation B = Quality Time C = Receiving Gifts

D = Acts of Service E = Physical Touch

*For more about the **Five Love Languages** by Dr. Gary Chapman, read the book by the same name, or go to www.fivelovelanguages.com*