

Love Language Evaluation For Husband and Wife

Print 2 copies and each spouse should rate how he/she feels about each sentence within each group by assigning a number, from 1 to 5, with 5 representing what you MOST appreciate and makes you feel the MOST loved, and 1 representing what you LEAST appreciate. Sentences in each group should be ranked from 1 to 5 and each number should be used once. No repeating numbers within a group. Note that some questions distinguish between male and female. Answer appropriately according to gender. When you are done, you can transfer your scores to the score sheet on the second page.

Group One

- A _____ Your spouse says, "You really did a great job n that. I appreciate it!"
- B _____ Your spouse unexpectedly does something in or around the house or your room that you appreciate.
- C _____ Your spouse brings you home a surprise treat from the store.
- D _____ Your spouse invites you to go on a leisurely walk just to chat.
- E _____ Your spouse makes a point to embrace and kiss you before leaving the house.

Group Two

- A _____ Your spouse tells you how much he or she appreciates you
- B _____ Your spouse (male) volunteers to do the dishes and encourages you to relax.
_____ Your spouse (female) volunteers to wash you car and encourages you to relax.
- C _____ Your spouse (male) brings you flowers, just because he cares.
_____ Your spouse (female) brings you home a special food treat from the local bakery.
- D _____ Your spouse invites you to sit down and talk about your day.
- E _____ Your spouse gives you a hug even when you are just passing by room to room.

Group Three

- A _____ Your spouse during a party shares about a recent success you had.
- B _____ Your spouse cleans your car.
- C _____ Your spouse surprises you with an unexpected gift.
- D _____ Your spouse surprises you with a special afternoon trip.
Your spouse holds your hand as you walk through the mall or
- E _____ Stands by your side with an arm around your shoulder at a public event.

Group Four

- A _____ Your spouse praises you about one of your special qualities.
- B _____ Your spouse brings you breakfast in bed.
- C _____ Your spouse surprises you with a membership to something you always wanted.
- D _____ Your spouse plans a special night out for the two of you.
- E _____ Your spouse will personally drive you to an event instead of you having to go to the bus with the team.

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Group Five

- A _____ Your spouse tells you how much his or her friends appreciate you.
- B _____ Your spouse takes the time to fill out the long complicated applications that you had hoped to get to this evening.
- C _____ Your spouse sends you something special through the mail.
- D _____ Your spouse kidnaps you for lunch and takes you to your favourite restaurant.
- E _____ Your spouse gives you a massage.

	Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
Group 1	A _____	B _____	C _____	D _____	E _____
Group 2	A _____	B _____	C _____	D _____	E _____
Group 3	A _____	B _____	C _____	D _____	E _____
Group 4	A _____	B _____	C _____	D _____	E _____
Group 5	A _____	B _____	C _____	D _____	E _____
Total	A _____	B _____	C _____	D _____	E _____

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The Five Love Languages

Words of Affirmation

Mark Twain once said "I can live for two months on a good compliment." Verbal appreciation speaks powerfully to persons whose primary Love Language is "Words of Affirmation." Simple statements, such as, "You look great in that suit," or "You must be the best baker in the world! I love your oatmeal cookies," are sometimes all a person needs to hear to feel loved.

Aside from verbal compliments, another way to communicate through "Words of Affirmation" is to offer encouragement. Here are some examples: reinforcing a difficult decision; calling attention to progress made on a current project; acknowledging a person's unique perspective on an important topic. If a loved one listens for "Words of Affirmation," offering encouragement will help him or her to overcome insecurities and develop greater confidence.

Acts of Service

Sometimes simple chores around the house can be an undeniable expression of love. Even simple things like laundry and taking out the trash require some form of planning, time, effort, and energy. Just as Jesus demonstrated when he washed the feet of his disciples, doing humble chores can be a very powerful expression of love and devotion to your mate.

Very often, both pairs in a couple will speak to the Acts of Service Language. However, it is very important to understand what acts of service your mate most appreciates. Even though couples are helping each other around the house, couples will still fight because they are unknowingly communicating with each other in two different dialects. For example, a wife may spend her day washing the cars and walking the dog, but if her husband feels that laundry and dishes are a superior necessity, he may feel unloved, despite the fact that his wife did many other chores throughout the day. It is important to learn your mate's dialect and work hard to understand what acts of service will show your love.

It is important to do these acts of service out of love and not obligation. A mate who does chores and helps out around the house out of guilt or fear will inevitably not be speaking a language of love, but a language of resentment. It's important to perform these acts out of the kindness of your heart.

Demonstrating the acts of service can mean stepping out of the stereotypes. Acts of service require both mates to humble themselves into doing some chores and services that aren't usually expected from their gender. However, these little sacrifices will mean the world to your mate, and will ensure a happy relationship.

Receiving Gifts

Some mates respond well to visual symbols of love. If you speak this love language, you are more likely to treasure any gift as an expression of love and devotion. People who speak this love language often feel that a lack of gifts represents a lack of love from their mate. Luckily, this love language is one of the easiest to learn.

If you want to become an effective gift giver, many mates will have to learn to change their attitude about money. If you are naturally a spender, you will have no trouble buying gifts for your mate. However, a person who is used to investing and saving their money may have a tough time adjusting to the concept of spending money as an expression of love. These people must understand that you are investing the money not in gifts, but in deepening your relationship with your mate.

The gift of self is an important symbol of love. Sometimes all your mate desires is for someone to be there for them, going through the same trials and experiencing the same things. Your body can become a very powerful physical symbol of love.

These gifts need not to come every day, or even every week. They don't even need to cost a lot of money. Free, frequent, expensive, or rare, if your mate relates to the language of receiving gifts, any visible sign of your love will leave them feeling happy and secure in your relationship.

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Quality Time

Quality time is more than mere proximity. It's about focusing all your energy on your mate. A husband watching sports while talking to his wife is NOT quality time. Unless all of your attention is focused on your mate, even an intimate dinner for two can come and go without a minute of quality time being shared.

Quality conversation is very important in a healthy relationship. It involves sharing experiences, thoughts, feelings and desires in a friendly, uninterrupted context. A good mate will not only listen, but offer advice and respond to assure their mate they are truly listening. Many mates don't expect you to solve their problems. They need a sympathetic listener.

An important aspect of quality conversation is self-revelation. In order for you to communicate with your mate, you must also be in tune with your inner emotions. It is only when you understand your emotions and inner feelings will you then be able to share quality conversation, and quality time with your mate.

Quality activities are a very important part of quality time. Many mates feel most loved when they spend physical time together, doing activities that they love to do. Spending time together will bring a couple closer, and, in the years to come, will fill up a memory bank that you can reminisce about in the future. Whether it's sitting on the couch and having a brief conversation or playing together in a tennis league, quality time is a love language that is shared by many. Setting aside focused time with your mate will ensure a happy marriage.

Physical Touch

Many mates feel the most loved when they receive physical contact from their partner. For a mate who speaks this love language loudly, physical touch can make or break the relationship.

Sexual intercourse makes many mates feel secure and loved in a marriage. However, it is only one dialect of physical touch. Many parts of the body are extremely sensitive to stimulation. It is important to discover how your partner not only physically responds but also psychologically responds to these touches.

It is important to learn how your mate speaks the physical touch language. Some touches are irritating and uncomfortable for your mate. Take the time to learn the touches your mate likes. They can be big acts, such as back massages or lovemaking, or little acts such as touches on the cheek or a hand on the shoulder. It's important to learn how your mate responds to touch. That is how you will make the most of this love language.

All marriages will experience crisis. In these cases, physical touch is very important. In a crisis situation, a hug can communicate an immense amount of love for that person. A person whose primary love language is physical touch would much rather have you hold them and be silent than offer any advice.

It is important to remember that this love language is different for everyone. What type of touch makes you feel secure is not necessarily what will make your partner happy. It is important to learn each other's dialects. That way you can make the most of your hugging, kissing, and other physical contacts.

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