Your Love Language Profile Quiz

For each pair, pick the option that best reflects your preferences.

- I like to receive notes of affirmation.  
  A
- I like to be hugged.  
  E
- I like to spend one-to-one time with a person who is special to me.  
  B
- I feel loved when someone gives practical help to me.  
  D
- I like it when people give me gifts.  
  C
- I like leisurely visits with friends and loved ones.  
  B
- I feel loved when someone I love or admire puts their arm around me.  
  E
- I feel loved when I receive a gift from someone I love or admire.  
  C
- I like to go places with friends and loved ones.  
  B
- I like to high-five or hold hands with people who are special to me.  
  E
- I like to be told that I am appreciated.  
  A
- I like for a person to look at me when we are talking.  
  B
- I like when people give me cards, flowers, or other small tokens.  
  C
- I feel loved when people affirm me.  
  A
- Words of acceptance are important to me.  
  A
- I know someone loves me when they help me.  
  D
- What someone does affects me more than what he or she says.  
  D
- Hugs make me feel connected and valued.  
  E
- Would you help me cook dinner?  
  D
- I like going fun places with you!  
  B
- I've got a surprise for you.  
  C
- We can make something really cool together.  
  D
- How did you know how to do that? You're brilliant.  
  A
- I can't wait to give you your present!  
  C
- Would you like for me to scratch your back?  
  E
- Let's spend the day doing whatever you want to do.  
  B
- I feel loved when people do things to help me.  
  D

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• I feel loved when people give me a reassuring handshake or hug. E
• I value praise and try to avoid criticism. A
• Several small gifts mean more to me than one large gift. C
• I need physical contact with people everyday. E
• I need words of encouragement and affirmation everyday. A
• I know a person is thinking of me when they give me a gift. C
• I feel loved when a person helps me with my chores or tasks. D
• I really enjoy the feeling I get when someone gives me undivided attention. B
• I really enjoy the feeling I get when someone does some act to serve me. D
• I like for people to cross the street to shake hands or hug when they see me. E
• I like when people listen to me, showing genuine interest in what I’m saying. B
• I feel loved when someone celebrates my birthday with a gift. C
• I feel loved when someone celebrates my birthday with meaningful words. A

Discussion Questions

• What does this tell you about how you receive “love”? Is this different than how you give “love?”
  a. Are they different? Same?
  b. Were you surprised by your answers?
• List some examples of actions that portray your love language.
  a. Refer to handout. Pass them out.
• How can you apply this to your interactions with each other and incoming students/guests this summer?
  a. Secret buddies
  b. Different types of students and guests have preferences in style. Refer to small talk training and introductions.

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5 Love Languages

A) Words of affirmation – These are the ways you express your gratitude, and even your needs to someone else in a positive manner, such as: “I appreciate your help running skit lines when I was sick;” “I really appreciate you doing such a good job with your small groups.”
  • Verbal compliments – “Your enthusiasm in the mornings at orientation has been excellent;” “Thank you for answering my questions about Mason. I’m really excited about coming here in the Fall;” “I’m sure your small group members really love you.”
  • Encouraging words – “I know you’ll do great;” “You’ve got great potential;” “Keep it up”
  • Kind words – Said in a kind and gentle tone of voice: “I care about you;” “I hope we can learn from this experience;” “You’re not a failure just because you failed;” “I know you can”
  • Humble words – Making requests, not demands: “I really liked it when you were on time for PL training, do you think you can do it again;” “Do you think it would be possible to swap duties farther in advance next time;” “I’d really like it if we could talk about this and find a solution.”

B) Quality Time – Time spent with another person with your undivided attention focused on them. This can happen in groups, but it is a little more difficult. Togetherness (focused attention) and Quality Conversation (focused not on what you’re saying, but what you’re hearing) are 2 types of Quality Time.
  • Sitting around and talking (TV off) – Maintain eye contact; don’t listen and do something else at the same time; listen for feelings; observe body language; refuse to interrupt
  • Taking a walk or going somewhere together
  • Playing games
  • Doing something you mutually enjoy

C) Receiving Gifts – A gift is any tangible item that reminds you that someone was thinking of you when they gave it to you. These gifts don’t have to cost any money or take a lot of time to create. They just have to show thoughtfulness and remind them that you care.
  • A handmade or store-bought card
  • Candy
  • Flowers
  • Snack or a meal

D) Acts of Service – This is a way of expressing love or care for someone by serving them, doing something for them, or helping them to accomplish a task without expecting anything in return. Sometimes, actions can speak much louder than words.
  • Bringing someone coffee
  • Cleaning up a mess
  • Putting up someone else’s posters
  • Volunteering when someone is asking for help or input

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E) Physical Touch – This last love language is pretty simple: it is expressing love by having some sort of positive physical contact with another person. Physical touch can be especially important in times of high stress or in some crisis situations.

- Hugs
- High Fives
- Handshakes
- Pats on the back
- Massages

Love Languages Tally Sheet

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A means...
B means...
C means ...
D means...
E means...

Questions to Answer:

- What does this tell you about how you receive “love”? Is this different than how you give “love”?
- List some examples of actions that portray your love language.
- How can you apply this to your interactions with each other and incoming students/guests this summer?

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