

# 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

# Your Love Language Profile Quiz

- 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.

# Your Love Language Profile Quiz

## 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**

# Your Love Language Profile Quiz

**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

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Tally</b>					
<b>Total</b>					

**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?