



# How Do You Feel Loved?

There are 5 categories of giving and receiving love. To figure out your primary love language, fill in the circle next to each description that applies to you in each category listed below. The category with the most dark circles is probably your primary love language. The category with the second most dark circles is probably your secondary one. The value of knowing what you need to feel loved is that you can express that to your parents/friends, enabling them to express love in a more meaningful way to you.

## WORDS OF AFFIRMATION

- I feel loved most when my parent/friend compliments me.
- I feel loved most when my parent/friend notices the little things they like about me.
- I feel loved most when my parent/friend makes me feel good about myself.
- I feel loved most when my parent/friend expresses his/her feelings towards me.
- I feel loved most when my parent/friend says nice things about me in front of others.
- I feel loved most when my parent/friend encourages me verbally.

## QUALITY TIME

- I feel loved most when my parent/friend spends time with me.
- I feel loved most when my parent/friend focuses his/her full attention on me.
- I feel loved most when my parent/friend does things that I want to do.
- I feel loved most when my parent/friend and I are doing things (even chores) together.
- I feel loved most when my parent/friend wants to take me to lunch.
- I feel loved most when my parent/friend sits and listens to me.
- I feel loved most when my parent/friend learns to do an activity I enjoy.
- I feel loved most when my parent/friend maintains eye contact with me.
- I feel loved most when my parent/friend shares meaningful events in his/her life with me.

## RECEIVING GIFTS

- I feel loved most when my parent/friend gives me flowers.
- I feel loved most when my parent/friend makes me things.
- I feel loved most when my parent/friend sends me a card or letter.
- I feel loved the most when my parent/friend gives me the gift of his/her time.
- I feel loved the most when my parent/friend finds something for me that reminds him/her of me.
- I feel loved the most when my parent/friend surprises me with little tokens of his/her affections.
- I feel loved the most when my parent/friend remembers special occasions with a gift.
- I feel loved the most when my parent/friend creates special occasions with a gift.



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## ACTS OF SERVICE

- I feel loved the most when my parent/friend does things for me.
- I feel loved the most when my parent/friend surprises me by completing a project with me.
- I feel loved the most when my parent/friend helps me with things.
- I feel loved the most when my parent/friend cooks for me.
- I feel loved the most when my parent/friend tries to make my life easier.
- I feel loved the most when my parent/friend does things cheerfully.
- I feel loved the most when I don't have to ask for help.

## PHYSICAL TOUCH

- I feel loved the most when my parent/friend holds my hand.
- I feel loved the most when my parent/friend hugs me for no reason.
- I feel loved the most when my parent/friend gives me a back-rub.
- I feel loved the most when my parent/friend sits close to me.
- I feel loved the most when my parent/friend holds me when I cry.
- I feel loved the most when my parent/friend touches my face.
- I feel loved the most when my parent/friend puts his/her arms around my shoulder.
- I feel loved the most when my parent/friend kisses me.

Used with permission from *The Five Love Languages* by Gary Chapman