



How Would You Rate Your Love Languages?

Using the descriptions of Dr. Chapman's 5 Love Languages, how do you rank them in importance?

Directions: Please rank order the degree of importance each of the Love Languages below is for you, on a scale of 1-5, with "1" being the least important and "5" being the most important to you:

Receiving Gifts: _____

Quality Time: _____

Words of Affirmation: _____

Acts of Service: _____

Physical Touch: _____

Now that you have rated your Love Language(s), place a checkmark next to the percentage of the time that you feel your top primary Love Language is being met?

0-10% 20% 30% 40% 50%
 60 % 70% 80% 90% 100%

When you are done, give some thought and ask yourself how you feel about this.

Here are some conversation starters to have with yourself and others that you trust:

Are you happy with the result? Unhappy? Somewhere in the middle?

Now what? Do the closest people to you know what your Love Language(s) is/are?

Do you know their Love Language(s)?

What might you need right now? Who would be a safe person to talk about this with?