

What LOVE LANGUAGE Do You Speak?

Understanding how you give and receive love can strengthen every relationship. Here's a quick guide to the five love languages and how to tell which one fits you best.



RECEIVING GIFTS

You feel appreciated when you receive thoughtful or meaningful gifts.

You might speak this language if the meaning behind the gift matters more than its price.

Examples:

- ♥ Surprise tokens
- ♥ A gift tied to a memory
- ♥ A small item that shows someone was thinking of you

WORDS OF AFFIRMATION

You feel loved when you hear kind, supportive and encouraging words.

You might speak this language if you feel happiest when someone expresses their love through words.

Examples:

- ♥ "I love you"
- ♥ Compliments
- ♥ Uplifting texts

QUALITY TIME

You feel loved when someone gives you their full attention.

You might speak this language if being fully present together means everything to you.

Examples:

- ♥ Deep conversations
- ♥ Date nights
- ♥ Shared adventures



PHYSICAL TOUCH

You feel closest when affection is shared physically.

You might speak this language if touch makes you feel secure and emotionally connected.

Examples:

- ♥ Hugs
- ♥ Holding hands
- ♥ Cuddling on the couch

ACTS OF SERVICE

You feel cared for when others help out or take stress off your plate.

You might speak this language if actions speak louder than words when it comes to love.

Examples:

- ♥ Running errands
- ♥ Making your favorite meal
- ♥ Doing chores without being asked

QUICK QUIZ:

What's Your Love Language?

1. When someone shows they care, you love when they...

- A. Tell you how much you mean to them
- B. Give you a big hug
- C. Help you without being asked
- D. Surprise you with a thoughtful gift
- E. Spend uninterrupted time with you

2. After a tough day, you feel better when someone...

- A. Says something encouraging
- B. Holds your hand or cuddles
- C. Takes over dinner or chores
- D. Brings you a little treat
- E. Sits and talks with you

3. Your ideal birthday celebration includes...

- A. Heartfelt messages or a toast
- B. Lots of hugs and physical affection
- C. Someone handling the details for you
- D. A surprise gift with meaning
- E. Time together doing something fun

4. You feel most appreciated when...

- A. Someone notices and praises your efforts
- B. You get a warm embrace or loving touch
- C. Someone steps in to help you
- D. You receive something they picked just for you
- E. You get one-on-one time without distractions

TALLY YOUR ANSWERS:

- ♥ Mostly A's: Words of Affirmation
- ♥ Mostly B's: Physical Touch
- ♥ Mostly C's: Acts of Service
- ♥ Mostly D's: Receiving Gifts
- ♥ Mostly E's: Quality Time

Remember: Many people connect with more than one love language—this quiz just helps highlight your primary one!