

5 Love Languages Worksheet

Love languages refer to the different ways we show and receive love.

Love Language #1: Words Of Affirmation

People with words of affirmation as a love language value verbal acknowledgments of affection, compliments, words of appreciation, verbal encouragement, etc.

How important is this for you?

How important is this for your partner?

1-Not Important

10- Very Important

1-Not Important

10- Very Important

Love Language #2: Gifts

People whose love language is gifts feel loved when people give them "visual symbols of love," as Chapman calls it. People with this love language value the gift-giving process: the careful reflection, the deliberate choosing of the gift, and the emotional benefits from receiving the present.

How important is this for you?

How important is this for your partner?

1-Not Important

10- Very Important

1-Not Important

10- Very Important

Love Language #3: Acts of Service

People whose love language is acts of service value when their partner goes out of their way to make their life easier. This can include bringing

them soup when they're sick, making coffee for them in the morning, or picking up their dry cleaning when they've had a busy day at work, etc.

How important is this for you?

How important is this for your partner?

1-Not Important

10- Very Important

1-Not Important

10- Very Important

Love Language #4: Quality Time

People whose love language is quality time feel the most love when their partner actively wants to spend time with them and is always down to hang out.

How important is this for you?

How important is this for your partner?

1-Not Important

10- Very Important

1-Not Important

10- Very Important

Love Language #5: Physical Touch

People whose love language is physical touch feel most loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and sex.

How important is this for you?

How important is this for your partner?

1-Not Important

10- Very Important

1-Not Important

10- Very Important

What is your primary love language? How can your partner satisfy you in this area? List down a few ideas:

What is your partner's primary love language? How can you satisfy your partner in this area? List down a few ideas:
