Understanding Your Love Language

A Practical Guide to Understanding How You Give and Receive Love

FREE Educational Guide

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Educational Disclaimer

This guide is intended for education and self-reflection only. It is not a psychological evaluation or diagnostic tool. Completing this guide does not establish a therapist-client relationship.

Love and relationships can be complicated, and no assessment can fully explain how a person experiences love or connection. Use this guide as a starting point to think about what matters to you and what helps you feel cared for in your relationships.

What Is a Love Language?

Sometimes two people really do care about each other, but they show it in completely different ways.

One person may constantly say, "I love you," give compliments, or send thoughtful messages. The other person may rarely say those things but will drop everything to help when something needs to be done.

Both people may be showing love. They're just showing it differently.

A love language is a simple way of looking at some of the ways we tend to **give and receive affection, attention, and care**.

Understanding this can be helpful because we sometimes give people what *we* would want instead of paying attention to what actually makes *them* feel cared for.

It can also help us understand ourselves.

You might know that someone loves you, for example, but still feel like something is missing. Sometimes that happens because the way they express love isn't necessarily the way you recognize or experience it.

There are five commonly discussed love languages:

Words of Affirmation
Quality Time
Acts of Service
Receiving Gifts
Physical Touch

You may relate strongly to one, several, or even all of them. There is no right or wrong answer.

The Five Love Languages

Words of Affirmation

For some people, words matter a lot.

Hearing "I love you," "I appreciate you," "I'm proud of you," or simply having someone acknowledge what you do can make you feel seen and valued.

This can also include thoughtful texts, encouragement, compliments, or someone taking the time to tell you what you mean to them.

When words are important to you, the absence of them can sometimes be difficult—even when the other person believes they are showing their love in other ways.

Quality Time

Quality time is about having someone's attention and actually feeling connected while you're together.

It doesn't necessarily mean going somewhere special or spending hours together. Sometimes it's sitting down for coffee, taking a walk, talking at the end of the day, or simply putting the phones away and being present.

For someone who values quality time, being in the same room isn't always the same as spending meaningful time together.

Acts of Service

Some people show love through what they **do**.

They may make dinner, help with something you're struggling with, take care of a responsibility, pick something up for you, or make your day a little easier without being asked.

For someone who values acts of service, actions can sometimes mean more than words.

It can feel like, "You noticed I needed help, and you showed up."

Receiving Gifts

This one can easily be misunderstood.

Receiving gifts does not necessarily mean wanting expensive things or being materialistic. Often, it is the thought behind the gift that matters.

Someone remembered your favorite snack. They saw something small and thought of you. They brought something home because they knew it would make you smile.

The message behind it can simply be: **"I thought about you."**

Physical Touch

Physical touch can include holding hands, hugging, sitting close together, putting an arm around someone, kissing, or other forms of appropriate physical affection.

For some people, that physical connection provides comfort and reassurance in a way that words don't always provide.

Physical touch should always be mutual and comfortable for both people. Having physical touch as a love language never overrides another person's boundaries or consent.

Love Language Self-Assessment

Instructions

Read each statement and think about how accurately it describes **what helps you feel loved and cared for**.

Try not to answer based on what you think *should* matter to you. Answer based on what actually matters to you.

0 = Never
1 = Rarely
2 = Sometimes
3 = Often
4 = Always

Write your answer next to each statement.

1. Hearing someone tell me they appreciate me means a lot to me. _____
2. I feel especially connected to someone when we spend uninterrupted time together. _____
3. When someone helps me with something without being asked, I feel cared for. _____
4. Small, thoughtful gifts make me feel remembered. _____
5. Hugs, holding hands, or other physical affection help me feel connected. _____
6. Encouraging words can stay with me for a long time. _____
7. I would rather have someone's full attention than have them buy me something. _____
8. When someone makes my life a little easier by helping me, I notice it. _____
9. I appreciate when someone sees something and thinks, "They would like this." _____
10. Physical closeness is an important part of how I experience affection. _____
11. I sometimes need to hear how someone feels about me instead of assuming I already know. _____
12. Meaningful time together makes me feel important in a relationship. _____
13. Actions often mean more to me than promises. _____

14. I tend to remember thoughtful things people have given me because of what they represented. _____
15. A hug or affectionate touch can sometimes reassure me more than words. _____

Understanding Your Results

Now add your scores according to the question numbers below.

Words of Affirmation

Questions **1 + 6 + 11**

Total: _____ /12

Quality Time

Questions **2 + 7 + 12**

Total: _____ /12

Acts of Service

Questions **3 + 8 + 13**

Total: _____ /12

Receiving Gifts

Questions **4 + 9 + 14**

Total: _____ /12

Physical Touch

Questions **5 + 10 + 15**

Total: _____ /12

Look at your totals.

Your **highest score** may represent the way you most naturally recognize or experience love.

If two categories are very close, that's okay. You may have more than one love language that is important to you.

And don't get too caught up in the number.

This isn't about putting yourself into another box. It's really about noticing what came up for you while answering the questions.

You may even realize that the way you **give love** isn't always the same as the way you prefer to **receive it**.

Reflection

Take a few minutes and think about your answers.

What makes me feel most cared for in a relationship?

How do I usually show someone that I love or care about them?

Do I expect other people to automatically know what I need, or am I able to communicate it?

Have I ever felt unloved even though the other person believed they were showing me love? What was missing for me?

Is there someone important in my life who may experience love very differently than I do?

Final Thoughts

Understanding your love language doesn't mean that every relationship problem suddenly makes sense.

People are more complicated than that.

But it can give you another way to look at how you connect with people and why certain things may mean more to you than others.

Sometimes we spend a lot of time showing someone love in the way **we** understand love.

We say the words. We buy something. We help. We make time. We give affection.

And then we become frustrated when the other person doesn't seem to recognize everything we're doing.

They may be doing the exact same thing with us.

Learning about love languages gives us an opportunity to ask a different question:

"What actually helps this person feel loved?"

And just as importantly:

"Have I ever clearly communicated what helps me feel loved?"

Healthy relationships aren't about expecting another person to read our mind. They're about learning each other, communicating, listening, and being willing to understand that someone else's needs may look different from our own.

Your love language may also change depending on the relationship, what is happening in your life, and what you need emotionally at that particular time.

So don't treat your result as a permanent label.

Use it as information.

Sometimes understanding something small about ourselves can open up a much bigger conversation.

Thank you for downloading this educational guide. I hope it helped you think a little differently about the ways you give love, receive love, and communicate what you need in your relationships.

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