

# LOVE LANGUAGES RESULTS

**Mostly Q's:** Quality Time: When someone takes time from their life to spend uninterrupted time with you, you feel loved and cared for. No phone, TV, or distractions between the two of you, just conversation, an activity, or even doing nothing!

**Mostly A's:** Acts of Service: You feel loved primarily by those around you helping you through actions such as: running errands, mowing the lawn, or picking up coffee. Actions that go above and beyond to make your day a little brighter go a long way with you

**Mostly S's:** Solidarity and Belief: You feel loved when you are seen, believed, and backed up by your partner in experiences of marginalization. It's important your partner holds space to believe and understand your feelings of dealing with the "isms" (e.g. racism, sexism, heterosexism, cissexism).

**Mostly W's:** Words of Affirmation: Hearing how proud someone is of you or how much they love you goes a long way with you. A spoken word of encouragement or empowerment shows you that you are loved and cared for.

**Mostly R's:** Receiving Gifts: Tokens of affection show you how much people care about you. A well-thought out gift, big or small, shows that you are on someone's mind!

**Mostly P's:** Physical Touch: You feel loved through a hug, hand squeeze, or even a high five. The touch of someone you love communicates in a physical way that you are loved and acknowledged.

**Mostly E's:** Emotional Labor: You feel loved when receiving your partner's emotional reassurance, soothing, and help with emotional labor in your relationship, such as planning dates and get-togethers, child-raising, checking in, being an emotional outlet etc.

**No matter your love language, always remember you are lovable and capable of loving others as well as yourself!**

# What is your Love Language?

*MODIFIED FROM  
CHAPMAN'S, "THE FIVE  
LOVE LANGUAGES" WITH  
CREDITS TO THE IDEAS OF  
TRYSTAN REESE AND  
THESPANOFMYHIPS  
WORDPRESS BLOG*



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# DIRECTIONS

For the following questions, choose the statement that applies to you the most. At the end, tally how much of each letter you have and find the description of the corresponding Love Language on the back of this pamphlet.

1. *It's more meaningful to me when...*

**W.** Someone I love sends me a loving text

**P.** Someone I love hugs me

2. *It's more meaningful to me when...*

**Q.** I spend alone time with the person I love

**A.** Someone I love does something practical to help me out

3. *It's more meaningful to me when...*

**E.** Someone I love listens to my concerns

**R.** Someone I love gives me a little gift as a token of our love or care for each other

4. *It's more meaningful to me when...*

**Q.** I get to spend uninterrupted leisure time with those I love

**S.** The person I love backs me up when someone else hurts me

5. *It's more meaningful to me when...*

**A.** Someone I love brings me lunch

**S.** The person I love acknowledges when someone is being racist, sexist, heterosexist, or classist towards me

6. *It's more meaningful to me when...*

**A.** Someone I love does something unexpected for me to help me with a project

**W.** The person I love says they love me

7. *It's more meaningful to me when...*

**P.** I can share a cuddle with someone I love

**E.** Someone I love helps me process difficult emotions

8. *It's more meaningful to me when...*

**P.** Someone I love puts their arm around me

**R.** Someone I love surprises me with a gift

9. *It's more meaningful to me when...*

**Q.** I'm around someone I love, even if we're not really doing anything

**P.** I can be comfortable holding hands with the person I love

10. *It's more meaningful to me when...*

**R.** I receive a gift from someone I love

**S.** Someone I love takes accountability for their own privileges in their relationship

11. *It's more meaningful to me when...*

**P.** I sit close to someone I love

**W.** I am complimented by someone I love for no apparent reason

12. *It's more meaningful to me when...*

**R.** I receive a thoughtful, loving gift

**S.** Someone I love understands my feelings after I've been discriminated against

13. *It's more meaningful to me when...*

**Q.** I get the chance to just "hang out" with someone I love

**R.** I unexpectedly get small gifts from someone I love

14. *It's more meaningful to me when...*

**W.** I hear someone I love tell me, "I'm proud of you."

**E.** Someone I love helps me with an emotionally-draining task

15. *It's more meaningful to me when...*

**Q.** I get to do things with someone I love

**W.** I hear supportive words from someone I love

16. *It's more meaningful to me when...*

**A.** Someone I love does things for me instead of just talking about doing things

**E.** I feel connected to someone when they help plan a date for us

17. *It's more meaningful to me when...*

**S.** Someone I love believes me when someone overtly or covertly insults me

**E.** I feel connected to someone when they soothe my worries

18. *It's more meaningful to me when...*

**A.** Someone I love helps me with chores

**E.** Someone I love helps me debrief my emotions after a hard day

**You're Done!**

**Now, tally up**

**those letters!**

**Q = W =**

**A = R =**

**S = P =**

**E =**