

Figure Out Your Love Languages



香港城市大學
City University of Hong Kong



Love languages refer to the ways that we express and experience love.

Every person has their own ways to feel loved. Through understanding the love languages of ourselves and our loved ones, we will be able to express our love in a way that leads to a satisfying and everlasting relationship.



Figure out your love language!

You will see 30 paired statements. The statements though mostly focus on couple relationship and may not fit your situation, they still reflect your emotional communication preference. You may use the worksheet provided to record the letter next to each statement, and count the numbers of each letter to check out your love language!

It's more meaningful to me when
(A) I receive a loving note/text for no reason
(E) My partner and I hug

It's more meaningful to me when
(B) I can spend alone time with my partner
(D) My partner does something practical to help me out

It's more meaningful to me when
(C) I received a little gift from my loved one
(B) I get to spend uninterrupted leisure time with my partner

It's more meaningful to me when
(D) My partner unexpectedly does something for me e.g housework
(E) My partner and I touch

It's more meaningful to me when
(E) My partner puts his/her arm around me when we're in public
(C) My partner surprises me with a gift

It's more meaningful to me when
(B) I'm around my partner, even if we're not really doing anything
(E) I hold hands with my partner

It's more meaningful to me when
(C) My partner gives me a gift
(A) I hear "I love you" from my partner

It's more meaningful to me when
(E) I sit close to my partner
(A) I am complimented by my loved one for no apparent reason

It's more meaningful to me when
(B) My partner tells me "I'm proud of you"
(C) My partner helps me with a task

It's more meaningful to me when
(A) I get the chance to just "hang out" with my partner
(D) My partner gives me small gifts unexpectedly

It's more meaningful to me when
(B) I get to do things with my partner
(A) I hear supportive words from my partner

It's more meaningful to me when
(D) My partner does things for me instead of just talking about doing nice things
(E) I feel connected to my partner through a hug

It's more meaningful to me when
(A) I hear praise from my partner
(C) My partner gives me something that shows he/she was really thinking about me

It's more meaningful to me when
(B) I'm able to just be around my partner
(E) I get a back rub or massage from my partner

It's more meaningful to me when
(A) My partner reacts positively to something I've accomplished
(D) My partner does something for me that I know they don't particularly enjoy

It's more meaningful to me when
(E) My partner and I kiss frequently
(B) I sense my partner is showing interest in the things I care about

It's more meaningful to me when
(C) My partner gives me an exciting gift
(D) My partner works on special projects with me that I have to complete

It's more meaningful to me when
(A) I'm complimented by my partner on my appearance
(B) My partner takes the time to listen to me and understand my feelings

It's more meaningful to me when
(D) My partner offers to run errands for me
(E) My partner and I share non-sexual touch in public

It's more meaningful to me when
(D) My partner does a bit more than his/her normal share of the responsibilities we share
(C) I get a gift that I know my partner put thought into choosing

It's more meaningful to me when
(B) My partner doesn't check his/her phone while we're talking
(D) My partner goes out of their way to do something that relieves pressure on me

It's more meaningful to me when
(C) I can look forward to a holiday because of a gift I expect to receive
(A) I hear "I appreciate you" from my partner

It's more meaningful to me when
(C) My partner brings me a little gift after he/she has been travelling without me
(D) My partner takes care of something I'm responsible to do but I feel so stressed to do at the time

It's more meaningful to me when
(B) My partner doesn't interrupt me while I'm talking
(C) Gift giving is an important part of our relationship

It's more meaningful to me when
(D) My partner helps me out when he/she knows I'm already tired
(B) I get to go somewhere while spending time with my partner

It's more meaningful to me when
(E) My partner and I are physically intimate
(C) My partner gives me a little gift that he/she picked up in the course of their normal day

It's more meaningful to me when
(A) My partner says something encouraging to me
(B) I get to spend time in a shared activity with my partner

It's more meaningful to me when
(C) My partner surprises me with a small token of their appreciation
(E) My partner and I touch a lot during the normal course of the day

It's more meaningful to me when
(D) My partner helps me out - especially if I know they're already busy
(A) I hear my partner specifically tell me "I appreciate you"

It's more meaningful to me when
(E) My partner and I embrace after we've been apart for a while
(A) I hear my partner say how much I mean to him/her

Check out the
Characteristics of
each type!

References:

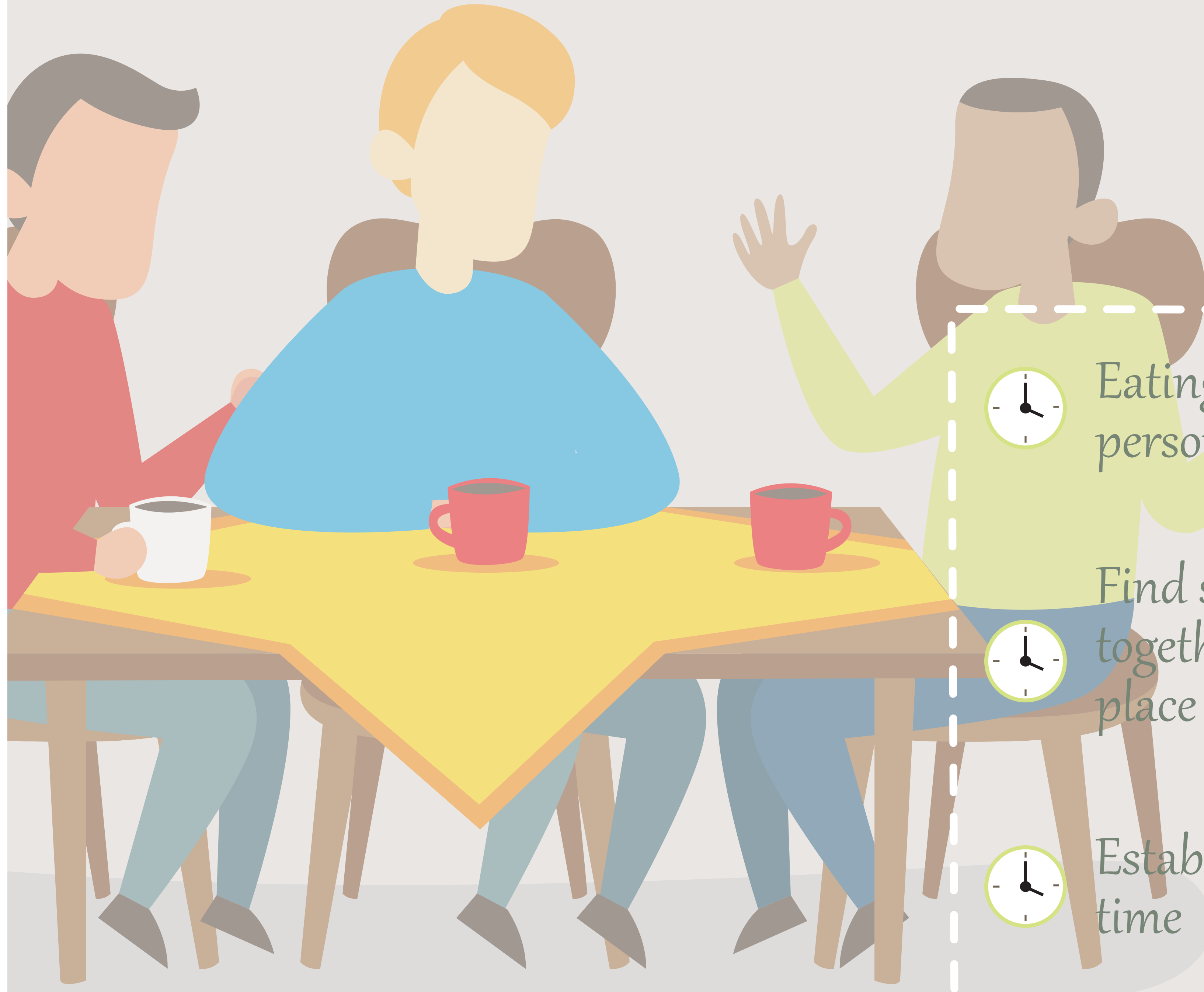
<https://www.5lovelanguages.com/profile/couples/>

http://damacleod.com/index_files/handouts/Five%20Love%20Languages%20Summary.pdf

<https://thepowermoves.com/the-5-love-languages-summary/>

Quality Time

People whose love language is quality time value **spending time** with their significant others and **getting their full attention**. They enjoy having sympathetic dialouge which involves **shared experiences and feelings** in a friendly and uninterrupted context. They will be upset for postponing dates, being distracted and not listening to them.



Tips



Eating together while having personal conversations



Find something to experience together, like visiting a new place



Establish a regular sharing time

Words of affirmation simply means showing your love through **communication**. Love is expressed through **appreication, encouragement and forgiveness**. The “Words of affirmation” people are more likely to be motivated or encouraged by words form their significate others, however they will feel hurtful when they hear criticisms.



Tips



Show your appreciation when they do something you like



Generously tell them you love them



Mind your tone!

Words of Affirmation

Receiving Gifts

People whose love language is gifts see gifts as the symbol of **appreciation**. The value of the gift is actually less important. The gift is also a sign you are **thinking of them**. Thus it is hurtful for them if gifts for special occasions like birthday is missing!

Tips

- ✂ Don't wait for a special occasion! They always welcome small gifts
- ✂ Observe their reaction about receiving different gifts and make a list
- ✂ No need to spend a lot

Physical Touch

Explore the kind of touch he/she enjoys most e.g holding hands, hugging, kissing..

Provision of tender touches is particularly important when he/she is having hardship

Physical touch is a fundamental expression of love and meets an essential biological need within each of us. To them, nothing speaks more love than your **tender touches**, while tender touches could create **emotional closeness** among you two. But be careful! They will remember the hurtful act you gave, like a slap, for their whole life.

Tips

Tips

- ♥ Come up with a list of tasks he/she would appreciate help with
- ♥ Sometimes you may need to reexamine your stereotypes e.g women should do all housework?

“Let me do this for you” is their favorite sentence. They feel loved when you think about them and use your own time to take a load off their shoulders. Be noticed that the act of service you are willing to do may not be what he/she needs most from you.

Act of Service