

# Love Language Quiz

## for Spiritual Relationship

We learn to communicate love and acceptance in different ways. One key to avoiding emotional conflicts among church leaders is to learn how you developed, "Your Language of Love." This brief quiz will give you some idea of how you share and receive love. Be honest and respond as you truly feel.

There are no wrong answers. The right answers are the ones you give.

Please choose only one answer per set of questions, even though more than one may apply. These questions pertain to you as a child, as a parent or as a spouse.

<p>1. What statement best describes you?</p> <ul style="list-style-type: none"> <li>a) physically expressive</li> <li>b) verbally expressive</li> <li>c) goal orientated</li> <li>d) I hold it all inside</li> </ul>	<p>2. As a child I received</p> <ul style="list-style-type: none"> <li>a) hugs and kisses</li> <li>b) verbal praise</li> <li>c) gifts and presents</li> <li>d) nothing</li> </ul>
<p>3. My family demonstrated love</p> <ul style="list-style-type: none"> <li>a) By touching</li> <li>b) By telling each other</li> <li>c) It was just understood</li> <li>d) They just didn't</li> </ul>	<p>4. In communicating affection to my mate, I prefer to give</p> <ul style="list-style-type: none"> <li>a) Tender kisses</li> <li>b) Tender words</li> <li>c) A gift with significant meaning</li> <li>d) I would prefer not to</li> </ul>
<p>5. I would enjoy receiving from my spouse</p> <ul style="list-style-type: none"> <li>a) A hug and kiss when we meet in the evening</li> <li>b) A phone call during the day</li> <li>c) A surprise note of appreciation</li> <li>d) Not comfortable with any of these</li> </ul>	<p>6. I would rather have my mate</p> <ul style="list-style-type: none"> <li>a) Be physically expressive &amp; loving</li> <li>b) Recognize my efforts with words of appreciation</li> <li>c) Repair a small thing like a screen</li> <li>d) No expression is necessary</li> </ul>
<p>7. For a gift, I would most enjoy</p> <ul style="list-style-type: none"> <li>a) A coupon that said, "Good for one back rub or foot massage"</li> <li>b) A personal handwritten card or letter</li> <li>c) My favorite home cooked meal or dinner at a restaurant</li> </ul>	<p>8. I would prefer</p> <ul style="list-style-type: none"> <li>a) A night on the town</li> <li>b) To receive a compliment from my mate, family or friends</li> <li>c) Help with the dishes, trimming the lawn or with some other project</li> <li>d) I don't prefer any of these</li> </ul>

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<p>9. I would prefer</p> <ul style="list-style-type: none"><li>a) A hug or a kiss</li><li>b) The words, "I love you"</li><li>c) A small gift or token with meaning</li><li>d) Just the two of us in the same room is enough for me</li></ul>	<p>10. I would rather</p> <ul style="list-style-type: none"><li>a) Be embraced and treated romantically</li><li>b) Be told that I am loved</li><li>c) Be shown by hard work that I am loved</li><li>d) I am not comfortable with any of these</li></ul>
<p>11. It is more important to have my mate</p> <ul style="list-style-type: none"><li>a) Sit close to me in the car</li><li>b) Talk to me about the day's events</li><li>c) Remember to run an errand for me</li><li>d) Just doing his or her own thing</li></ul>	<p>12. I would prefer</p> <ul style="list-style-type: none"><li>a) A romantic weekend</li><li>b) A long heart-to-heart talk</li><li>c) A clean house or well-kept yard</li><li>d) Being alone</li></ul>
<p>13. I would prefer to have my mate</p> <ul style="list-style-type: none"><li>a) Reach out and touch me</li><li>b) Say, "I love you"</li><li>c) Surprise me with doing something useful</li><li>d) Not do any of these things</li></ul>	<p>14. I would prefer giving</p> <ul style="list-style-type: none"><li>a) An embrace</li><li>b) A kind word</li><li>c) Flowers or an award honoring me</li><li>d) None of these</li></ul>
<p>15. Which of these statements do you most agree with</p> <ul style="list-style-type: none"><li>a) I would rather hold hands in public, walk arm-in-arm and mean it, than live in a big fancy house</li><li>b) I would rather be told that I am loved, than to be married to a workaholic spouse always giving me everything but him or herself</li><li>c) You shouldn't have to tell somebody you love them all the time; they should know by the way they are treated</li><li>d) People have to learn to live without too much love</li></ul>	<p>16. I most agree that</p> <ul style="list-style-type: none"><li>a) Just being held can be emotional</li><li>b) You cannot know a person unless you really talk to him or her</li><li>c) There is a time and a place for everything; showing affection in public makes me uncomfortable</li></ul>

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17. I prefer expression appreciation by

- a) A pat on the back
- b) A phone call
- c) Sending a note
- d) I prefer no appreciation

19. I would be most inclined to criticize a teenager for

- a) Not being respectful of their parent's wishes
- b) Not being appreciative of what they have
- c) Not keeping their room clean
- d) Wanting anything more than what they get

18. As a parent I would be more inclined to

- a) Spank
- b) Scold
- c) Make the child sit in a corner
- d) Ignore the child

20. As a reward for "good grades," I would give

- a) Some physical expression
- b) Some praise
- c) Money
- d) All of these
- e) Getting good grades is the reward

This questionnaire is adapter from Dr. John Lund's book, "Avoiding Emotional Divorce."

If a person were clearly a "touch" or "verbal" or "task-oriented person", it would be easier to learn his or her love language. Some people did not get much love growing up which affects our love language and how we understand the love language of others. Many of us are a combination of these, although one trait will tend to emerge as a dominant love language trait.

When leaders know and have some idea of how they relate, give or receive, they can understand and communicate with each other better.

A special word about a high number of "D" responses:

If you did not experience much love growing up, it may be difficult to imagine what you might like, want, or need from another person. Any person CAN CHOOSE TO LOVE and BE LOVED just as the Lord Jesus Christ who is LOVE made it all possible for all of us to love HIM!

Total Number of:

A answers \_\_\_\_\_

C answers \_\_\_\_\_

B answers \_\_\_\_\_

D answers \_\_\_\_\_

A = touch-oriented

C = task-oriented

B = verbal-oriented

D = didn't have much love growing up