

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive praise for something I have done.
E. I like to be hugged.
2. B. I like to spend one-on-one time with a person who is special to me.
D. I feel loved when someone gives me practical help.
3. C. I like it when people give me souvenirs from their holiday.
B. I like taking long walks with friends and loved ones.
4. D. I feel loved when people do things to help me.
E. I feel loved when people hug or touch me (hand, arm touching – platonic or not).
5. C. I feel loved when I receive a gift from someone I love or admire.
E. I feel loved when someone I love or admire puts his or her arm around me.
6. E. I like to hold hands with people that are special to me.
B. I like to visit places with friends or loved ones.
7. C. Visible symbols of love (gifts) are very important to me e.g. cards, flowers, etc
A. I feel loved when people tell me I am awesome or brilliant.
8. A. I like people to compliment me on my appearance.
E. I like to sit close to people who I enjoy being around.
9. C. I like to receive little gifts from friends and loved ones.
B. I like to spend time with friends and loved ones.
10. A. Words of acceptance are important to me.
D. I know someone cares for me when he or she helps me to do something.
11. A. I like it when kind words are spoken to me.
B. I like to be spend time with friends.
12. D. What someone does affects me more than what they say.
E. Hugs make me feel connected and valued.
13. C. Several small gifts mean more to me than one large gift.
A. I value praise and try to avoid criticism.
14. B. I feel close to someone when we are talking or doing something together.
E. I feel closer to friends and loved ones when they touch me often (keep it clean!).
15. D. I know people love me when they do things for me that they don't enjoy doing.
A. I like it when people to compliment my achievements.
16. E. I like to be touched as friends and loved ones walk by.
B. I like it when people listen to me and show genuine interest in what I am saying.

Answers: A. ____ Words Affirmation B. ____ Time C. ____ Receiving Gifts D. ____ Service E. ____ Physical Touch

17. C. I would rather get a thoughtful gift from someone than money.
D. I feel loved when friends and loved ones help me with jobs or projects.
18. A. I like people to tell me they care about me.
B. I feel loved when people take time to understand my feelings.
19. E. I feel secure when a special person is touching me.
D. Acts of service make me feel loved.
20. D. I appreciate the many things special people do for me.
C. I like receiving gifts that were handmade for me.
21. C. I really enjoy the feeling I get when someone gives me undivided attention.
D. I really enjoy the feeling I get when someone does some act of service for me, e.g., wash the dishes, helps you move, opens that pickle jar you spent 15 min on.
22. C. I feel loved when a person celebrates my birthday with a present.
A. I feel loved when a person celebrates my birthday with meaningful words (written or spoken.)
23. D. I feel loved when a person helps me out with my chores.
B. I like being together and doing things with friends and loved ones.
24. C. I appreciate it when someone remembers special days with a gift.
B. I appreciate it when someone listens patiently and doesn't interrupt me.
25. B. I enjoy extended trips with someone who is special to me.
D. I like knowing loved ones are concerned enough to help with my daily tasks.
26. E. I enjoy kissing or being kissed by people with whom I am close.
C. Receiving a gift given for no special reason makes me happy.
27. A. I like to be told that I am appreciated.
B. I like for a person to look at me when we are talking.
28. C. Gifts from a friend or loved one are always special to me.
D. I feel loved when a person enthusiastically does some task I have requested.
29. A. I feel loved when I am told how much I am appreciated.
E. I feel good when a friend or loved one touches me.
30. E. I need to be touched every day.
A. I need words of affirmation daily.

Answers: A. ____ Words Affirmation B. ____ Time C. ____ Receiving Gifts D. ____ Service E. ____ Physical Touch

**Add Total Number of Answers Here: A. ____ Words of Affirmation B. ____ Quality Time
C. ____ Receiving Gifts D. ____ Acts of Service E. ____ Physical Touch**