

The Many ways of Love

Within each group, rate the sentence 1-5 according to what would make you feel most appreciated and loved by your spouse/child/parent.

1 → being least appreciated

5 → being most appreciated

(No individual grouping can have a rating number repeated twice - eg. Group 1 cannot have two 1's or two 2's.)

Group One

A___ Your spouse/child/parent says: "You really did a great job on that. I appreciate it."

B___ Your spouse/child/parent unexpectedly does something for you that you appreciate.

C___ Your spouse/child/parent brings you a surprise treat from the store.

D___ Your spouse/child/parent invites you to go on a leisurely walk just to chat.

E___ Your spouse/child/parent makes a point to hug or kiss you before leaving the house.

Group Two

A___ Your spouse/child/parent tells you how much he or she appreciates you.

B___ Your spouse/child/parent volunteers to do something you normally do (like washing the dishes or doing something that you normally do at home) and encourages you to relax.

C___ Your spouse/child/parent (male) brings you flowers just because he cares. Your spouse/child/parent (female) brings you a special food treat from the local bakery/food centre.

D___ Your spouse/child/parent invites you to sit down and talk about your day.

E___ Your spouse/child/parent gives you a hug even when he or she is just passing by.

Group Three

A___ Your spouse/child/parent shares about a recent success you had during a gathering.

B___ Your spouse/child/parent cleans out your room/table.

C___ Your spouse/child/parent surprises you with an unexpected gift.

D___ Your spouse/child/parent surprises you with a special afternoon trip.

E___ Your spouse/child/parent holds your hand as you walk in the shopping centre or your spouse/child/parent stands by your side with an arm around your shoulder at a public event.

Group Four

- A___ Your spouse/child/parent praises you about one of your special qualities.
- B___ Your spouse/child/parent brings you breakfast in bed.
- C___ Your spouse/child/parent surprises you with a ticket to something you always wanted.
- D___ Your spouse/child/parent plans a special night out for you.
- E___ Your spouse/child/parent will personally accompany you to the event when originally there was no intent to.

Group Five

- A___ Your spouse/child/parent tells you how much his or her friends appreciate you.
- B___ Your spouse/child/parent takes the time to fill out the long complicated application that you had hoped to get to this evening.
- C___ Your spouse/child/parent sends you something special through the mail.
- D___ Your spouse/child/parent kidnaps you for lunch and treats you to something you like very much but seldom eat.
- E___ Your spouse/child/parent gives you a massage.

Score Sheet

(Transfer your scores from the questions to this scoring profile)

	Encouraging words	Acts of service	Gift-giving	Quality Time	Physical Touch
Group 1	A_____	B_____	C_____	D_____	E_____
Group 2	A_____	B_____	C_____	D_____	E_____
Group 3	A_____	B_____	C_____	D_____	E_____
Group 4	A_____	B_____	C_____	D_____	E_____
Group 5	A_____	B_____	C_____	D_____	E_____
Totals	A_____	B_____	C_____	D_____	E_____