



Upper Island Assessment & Resource Service

Profile for Husbands

- From *The Five Love Languages* by Gary Chapman

According to author, Gary Chapman, there are five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, or Physical Touch. Which of these is your primary love language? The following profile will help you know for sure.

The profile consists of 30 pairs of statements. You can only pick one statement in each pair as the one that best represents your desire. Read each pair of statements, and then, in the right-hand column, circle the letter that matches up with the statement you choose. It may be tough at times to decide between two statements, but you should only choose one per pair to ensure the most accurate profile results.

Allow at least 15 to 30 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. Once you've made your selections, go back and count the number of times you circled each individual letter. You can list the results in the appropriate spaces at the end of the profile.

1	My wife's love notes make me feel good. I love my wife's hugs.	A E
2	I like to be alone with my wife. I feel loved when my wife helps me do yard work.	B D
3	Receiving special gifts from my wife makes me happy. I enjoy long trips with my wife.	C B
4	I feel loved when my wife does my laundry. I like it when my wife touches me.	D E
5	I feel loved when my wife puts her arm around me. I know my wife loves me because she surprises me with gifts.	E C
6	I like going most anywhere with my wife. I like to hold my wife's hand.	B E
7	I value the gifts my wife gives to me. I love to hear my wife say she loves me.	C A
8	I like for my wife to sit close to me. My wife tells me I look good, and I like that.	E A
9	Spending time with my wife makes me happy. Even the smallest gift from my wife is important to me.	B C
10	I feel loved when my wife tells me she is proud of me. When my wife cooks a meal for me, I know that she loves me.	A D
11	No matter what we do, I love doing things with my wife. Supportive comments from my wife make me feel good.	B A
12	Little things my wife does for me mean more to me than things she says. I love to hug my wife.	D E
13	My wife's praise means a lot to me. It means a lot to me that my wife gives me gifts I really like.	A C
14	Just being around my wife makes me feel good. I love it when my wife rubs my back.	B E
15	My wife's reactions to my accomplishments are so encouraging. It means a lot to me when my wife helps with something I know she hates.	A D
16	I never get tired of my wife's kisses. I love that my wife shows real interest in things I like to do.	E B
17	I can count on my wife to help me with projects. I still get excited when opening a gift from my wife.	D C

18	I love for my wife to compliment my appearance. I love that my wife listens to my ideas and doesn't rush to judge or criticize.	A B
19	I can't help but touch my wife when she's close by. My wife sometimes runs errands for me, and I appreciate that.	E D
20	My wife deserves an award for all the things she does to help me. I'm sometimes amazed at how thoughtful my wife's gifts to me are.	D C
21	I love having my wife's undivided attention. Keeping the house clean is an important act of service.	B D
22	I look forward to seeing what my wife gives me for my birthday. I never get tired of hearing my wife tell me that I am important to her.	C A
23	My wife lets me know she loves me by giving me gifts. My wife shows her love by helping me catch up on projects around the house.	C D
24	My wife doesn't interrupt me when I am talking, and I like that. I never get tired of receiving gifts from my wife.	B C
25	My wife can tell when I'm tired, and she's good about asking how she can help. It doesn't matter where we go, I just like going places with my wife.	D B
26	I love having sex with my wife. I love surprise gifts from my wife.	E C
27	My wife's encouraging words give me confidence. I love to watch movies with my wife.	A B
28	I couldn't ask for any better gifts than the ones my wife gives me. I just can't keep my hand off my wife.	C E
29	It means a lot to me when my wife helps me despite having other things to do. It makes me feel really good when my wife tells me she appreciates me.	D A
30	I love hugging and kissing my wife after we've been apart for a while. I love hearing my wife tell me that she believes in me.	E A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation B = Quality Time C = Receiving Gifts D = Acts of Service E = Physical Touch

Interpreting and Using Your Profile Score:

Your primary love language is the one that received the highest score. You are "bilingual" and have two primary love languages if point totals are equal for any two love languages. If your second highest scoring love language is close in score but not equal to your primary love language, then this simply means that both expressions of love are important to you. The highest possible score for any one love language is 12.

You may have scored certain ones of the love languages more highly than others, but do not dismiss those other languages as insignificant. Your wife may express love in those ways, and it will be helpful to you to understand this about her.

In the same way, it will benefit your wife to know your love language and express her affections for you in ways that you interpret as love. Every time you or your wife speak each other's language, you score emotional points with one another. Of course, this isn't a game with a scorecard! The payoff of speaking each other's love language is a greater sense of connection. This translates into better communication, increased understanding, and, ultimately, improved romance.

If your wife has not already done so, encourage her to take The Five Love Languages Profile for Wives. Discuss your respective love languages, and use this insight to improve your marriage.