



# Unchain your love language

by Dr Mel Baker (tool designed in 2010 based on Gary Chapman's book)

*What is your language of love?*

Is it **touch**? You feel loved through an embrace, a kiss, and a touch on the shoulder. Physical affection makes you feel special and loved.

Is it **verbal**? You like to hear words of love. You like to hear that you are accepted, beautiful, loved.

Is it **service**? You like being served in practical ways. For example, someone cooking you a meal, doing a chore without asking, repairing something.

Is it **gifts**? You love to receive presents. A present or flowers, tells you that someone has given you special attention and their thoughts.

Is it **time**? You like others to take time out of their day to spend with you. It doesn't matter what you do, but their time assures you that they have made you a priority in their life.

To find out your love language, simply complete the following. Read each statement, giving them a scale of 1 to 5 (5 being the truest for you, 1 being the least). Treat each box separately.

- ..... A1. I love it when people spend time with me.
- ..... A2. I love it when I receive a gift; no matter what it is.
- ..... A3. I love it when all the chores have been done before I get home.
- ..... A4. I love it when people praise my accomplishments.
- ..... A5. I love it when I am touched (kissing, holding, massage).

- ..... B1. When somebody does something for me, I feel loved and accepted.
- ..... B2. When I receive a letter of encouragement, I feel very much loved.
- ..... B3. When I am touched, I feel loved and accepted.
- ..... B4. When someone buys a gift for me, I feel loved and accepted.
- ..... B5. When my friends engage with me in conversation, I feel loved and accepted.

- ..... C1. My best moments are when I am hugged.
- ..... C2. My best moments are when my closest friend spends time with me, above all else.
- ..... C3. My best moments are when people verbally tell me they love me.
- ..... C4. My best moments are when someone offers to lend a hand.
- ..... C5. My best moments are when I unwrap gifts given to me.

- ..... D1. I love giving gifts to people.
- ..... D2. I love doing tasks for others.
- ..... D3. I love giving my time to others, in activities or in conversation.
- ..... D4. I long to reach out to others through touch.
- ..... D5. I love affirming others, either by letter or verbally.



Place your scores from 1-5 in each box. Use the order illustrated here.

	VERBAL		TIME		GIFTS		SERVICE		TOUCH	
Group A	A4		A1		A2		A3		A5	
Group B	B2		B5		B4		B1		B3	
Group C	C3		C2		C5		C4		C1	
Group D	D5		D3		D1		D2		D4	
<b>TOTAL</b>	<b>V</b>		<b>Tm</b>		<b>G</b>		<b>S</b>		<b>Tch</b>	

My **primary** love language is.....  
my highest score

My **secondary** love language is.....  
my second highest score

I definitely do not respond to..... and .....  
my lowest score                      second lowest

Gary Chapman the author of 'The Five Love Languages' explains this clearly. There are five languages of love: *words of affirmation, quality time, gifts, acts of service, and physical touch*. The key is to learn what says 'I love you' in the language that speaks to your children, your spouse / partner, your parents, other family members, and your friends. If you are speaking the right language of love to them and it is given loudly, clearly, and frequently, then the receiver will be blessed, assured, and accepted. This is vital for healthy, long-term relationships.

I hope this has been of help to you. If you would like any guidance on love languages, please feel free to contact me.

*Mel*