



appendix:

**THE FIVE LOVE LANGUAGES
PROFILE**

WORDS OF AFFIRMATION, quality time, gifts, acts of service, physical touch—which of these is your primary love language? You may already have an idea, or you may have no clue. “The Five Love Languages Profile” will help you know for sure.

The profile includes thirty pairs of statements. Read each pair and choose the one that better reflects your preferences. Then, in the right column, circle the letter that corresponds with the statement you choose. In some cases, you may wish that you could circle both, but you should choose only one to ensure the most accurate profile results.

When reading the profile statements, you’ll see words like “special person” and “loved ones.” When we think of love and love languages, our immediate thought may be of a romantic relationship. However, we express love and affection in a variety of contexts and relationships. As you work through the profile, think of a significant person with whom you are close: a boyfriend or girlfriend, a good friend, a parent, a colleague, etc.

Take the profile when you are relaxed and not pressed for time. After

you've made your selections, go back and count the number of times you chose each letter. List the results in the appropriate spaces at the end of the profile. Then read "Interpreting and Using Your Profile Score," which follows the profile.

1. I like to receive notes of affirmation.	A
I like to be hugged.	E
2. I like to spend one-to-one time with a person who is special to me.	B
I feel loved when someone gives practical help to me.	D
3. I like it when people give me gifts.	C
I like leisurely visits with friends and loved ones.	B
4. I feel loved when people do things to help me.	D
I feel loved when people touch me.	E
5. I feel loved when someone I love or admire puts his or her arm around me.	E
I feel loved when I receive a gift from someone I love or admire.	C
6. I like to go places with friends and loved ones.	B
I like to high-five or hold hands with people who are special to me.	E
7. Visible symbols of love (gifts) are very important to me.	C
I feel loved when people affirm me.	A
8. I like to sit close to people whom I enjoy being around.	E
I like for people to tell me I am attractive/handsome.	A
9. I like to spend time with friends and loved ones.	B
I like to receive little gifts from friends and loved ones.	C
10. Words of acceptance are important to me.	A
I know someone loves me when he or she helps me.	D
11. I like being together and doing things with friends and loved ones.	B
I like it when kind words are spoken to me.	A
12. What someone does affects me more than what he or she says.	D
Hugs make me feel connected and valued.	E
13. I value praise and try to avoid criticism.	A
Several small gifts mean more to me than one large gift.	C

14. I feel close to someone when we are talking or doing something together. B
 I feel closer to friends and loved ones when they touch me often. E
15. I like for people to compliment my achievements. A
 I know people love me when they do things for me that they don't enjoy doing. D
16. I like to be touched as friends and loved ones walk by. E
 I like it when people listen to me and show genuine interest in what I am saying. B
17. I feel loved when friends and loved ones help me with jobs or projects. D
 I really enjoy receiving gifts from friends and loved ones. C
18. I like for people to compliment my appearance. A
 I feel loved when people take time to understand my feelings. B
19. I feel secure when a special person is touching me. E
 Acts of service make me feel loved. D
20. I appreciate the many things that special people do for me. D
 I like receiving gifts that special people make for me. C
21. I really enjoy the feeling I get when someone gives me undivided attention. B
 I really enjoy the feeling I get when someone does some act of service for me. D
22. I feel loved when a person celebrates my birthday with a gift. C
 I feel loved when a person celebrates my birthday with meaningful words. A
23. I know a person is thinking of me when he or she gives me a gift. C
 I feel loved when a person helps with my chores. D
24. I appreciate it when someone listens patiently and doesn't interrupt me. B
 I appreciate it when someone remembers special days with a gift. C
25. I like knowing loved ones are concerned enough to help with my daily tasks. D
 I enjoy extended trips with someone who is special to me. B
26. I enjoy kissing or being kissed by people with whom I am close. E
 Receiving a gift given for no special reason excites me. C
27. I like to be told that I am appreciated. A
 I like for a person to look at me when we are talking. B
28. Gifts from a friend or loved one are always special to me. C
 I feel good when a friend or loved one touches me. E
29. I feel loved when a person enthusiastically does some task I have requested. D
 I feel loved when I am told how much I am appreciated. A

30. I need to be touched every day. E
 I need words of affirmation daily. A

TOTALS: 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

Which love language received the highest score? This is your primary love language. If point totals for two love languages are equal, you are “bilingual” and have two primary love languages. And, if you have a secondary love language, or one that is close in score to your primary love language, this means that both expressions of love are important to you. The highest possible score for any single love language is twelve.

Although you may have scored certain ones of the love languages more highly than others, try not to disregard those other languages as unimportant. Your friends and loved ones may express love in those ways, and it will pay great dividends for you to understand this about them. In the same way, it will benefit your friends and loved ones to know your love language and express their affection for you in ways that you interpret as love. Every time you or they speak one another’s language, you score emotional points with one another. Of course, no one should be keeping a score sheet. The result of speaking a person’s love language is more a feeling of “this person understands me and cares for me.” Over time, this feeling multiplies into a stronger sense of connectedness.

Just as identifying and speaking a person’s love language strengthens a relationship, not doing this can leave a friend or loved one feeling as if you do not love him or her. When people do not convey love in a way that

is perceived as love, their efforts, though sincere, are somewhat wasted. This can be frustrating for both the giver of love and the intended recipient. You may have unknowingly been guilty of speaking a “foreign” love language in the past to someone you loved. Understanding the concept of love languages can help you know how to effectively express your feelings so that they are received and interpreted as you mean them to be.

If they’ve not already done so, encourage the special people in your life to take “The Five Love Languages Profile.” Then discuss your respective love languages and use this insight to improve your relationships.

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the five love languages — singles edition

STUDY GUIDE



INTRODUCTION

We are about to experience a journey of discovery as we search for understanding regarding one of life's greatest challenges: *How can we fulfill our need to give and receive emotional love as singles?*

The guide for navigating this journey is a format we call C-groups. C-groups are a simple and extremely practical technique for living out the principles shared in *The Five Love Languages Singles Edition*. Much easier than a traditional small group, you can use C-groups in a home, a workplace setting, a church-based group, or even adapt it to fit a weekend retreat format.

Depending on your time and limitations, each session can be shared over a 30-60 minute breakfast, lunch, or evening meal time. Of course, the material is also usable for personal study and reflection, though maximum impact will only be achieved in shared community.

Before starting, be sure each group member has a copy of *The Five Love Languages Singles Edition*. In each of the fourteen interactive

sessions, Gary Chapman leads us through the four steps of a C-group:

CHECK PROGRESS: Each session begins by having each person share what has happened in their lives since the previous C-group. Before learning anything new, check how previous information has been experienced in one another's lives.

CONSIDER THE TRUTH: Next, interact with one another using the study guide questions based on each chapter of *The Five Love Languages Singles Edition*. Allow each person to share what has made the biggest impact in their life or thinking.

CONNECT WITH YOUR LIFE: Third, each session is designed to advance life-change in its readers. This includes journaling points and specific action steps you can apply during the next week to encourage use of the concepts in everyday life situations.

COMMUNICATE TO OTHERS: Ultimately, you must pass on what you are learning to others. The most direct way to accomplish this is to facilitate a C-group of your own.

Here's how this group works. At your first gathering, meet with your friends and bring your copy of *The Five Love Languages Singles Edition* book. This guide will walk you through each step of the process. There is no outside preparation needed.

Once your C-group has begun, members can (and should be encouraged to) begin additional groups where they not only live out the five love languages, but also communicate the concepts they have learned with others.

Can it be this easy? While no group is without its problems, sharing what you are personally gaining from *The Five Love Languages Singles Edition* will create shared experiences that become memories and foundations for a lifetime of better relationships. So hang on and prepare for a life-changing ride that will radically alter your view of life!

SESSION 10

NOTES

DATING RELATIONSHIPS—PART 1:

Love Languages And Your Special Someone

Check Progress

- What action step did you make toward a family member since last week? What happened?
- How has discovering the love languages of your family members impacted your attitude toward them?

Consider the Truth

- Have you ever given up on dating? What factors caused you to make this decision?
- This chapter lists five reasons for why we date (pp. 148-154). Which areas do you consider to be most important? How have you sometimes felt you have “failed” dating due to unclear objectives in one of these areas?
- A major reason for dating is to discover the kind of person we will marry (p. 153). How have your past dating relationships helped you better see what you want in the person you will marry?
- Shelley and Neil felt the excitement had left their relationship (p. 155). How have you experienced this issue in a dating relationship? How would knowing the five love languages have helped you?

Connect with Your Life

- *Journaling Point:* Choose a past dating relationship and write your response to the following: “The discoveries I made about myself during this relationship were. . . . The discoveries I made about the person I want to marry were. . . .”
- *Action Point:* If you are in a current dating relationship, intentionally invest time to

Communicate to Others

- Since we are discussing roommates, classmates, and coworkers, chose a person in one of these areas and share this chapter with them. Consider starting a C-group with them within the next two weeks.

NOTES

SESSION 13

SINGLE WITH KIDS: *Love Languages and Single Parents*

Check Progress

- What happened when you served your roommate, classmate, or coworker according to his or her primary love language?
- How are you feeling about beginning a new C-group? What kind of impact could your group have if each of you were involved in helping a few other friends experience what you have learned recently?

Consider the Truth

- How would you feel if you were in Angie's situation (pp. 195–196)? If you have any single parents in your group, encourage them to share their unique perspective in this area. As an alternative, share a story of a single parent you know and how their life has affected you.
- In what ways would expressing the five love languages with children be different than with adults? If you have attempted to do this recently, what has been your experience?
- What was discipline like for you as a child? What would you desire to keep the same in disciplining your own children? What would you desire to do differently?
