

Five love languages profile

爱的五种语言

Circle the * in each pair that best describes what you (if you could one) would like to receive from your spouse (在以下每一对中, 选择你最想从你配偶那里得到的一项, 圈相应的*)

	A	B	C	D	E
1 I like to receive notes of affirmation from you 我喜欢收到你肯定的字条 I like it when you hug me 当你拥抱我, 我很喜欢	*				*
2 I like to spend one-to-one time with you 我喜欢单独与你在一起 I feel loved when you give practical help to me 当你以实际行动来帮助我, 我会感觉被爱		*		*	
3 I like it when you give me gifts 我喜欢你送我礼物 I like taking long walks with you 我喜欢和你长途漫步		*	*		
4 I feel loved when you do things to help me 当你为我做事, 我会感觉被爱 I feel loved when you touch me 当你触摸我, 我会感觉被爱				*	*
5 I feel loved when you hold me in your arms 当你拥抱我时, 我会感觉被爱 I feel loved when I receive a gift from you 当我收到你的礼物时, 我会感觉被爱			*		*
6 I like to go places with you 我喜欢与你去各地 I like to hold hands with you 我喜欢握着你的手		*			*
7 Visible symbols of love(gifts) are important to me 可见的爱的记号(礼物)对我来说是很重要的 I feel loved when you verbally affirm me 当你用语言肯定我时, 我会感觉被爱	*		*		
8 I like to sit close to you 我喜欢靠近你坐 I like for you to tell me I look good 我喜欢你对我说我很吸引	*				*
9 I like to spend time with you 我喜欢花时间与你在一起 I like to receive little gifts from you 我喜欢收到你的小礼物		*	*		

10 Your words of acceptance are important to me 你接纳我的言语对我来说是很重要的 I know you love me when you help me 当你帮助我的时候我就知道你爱我	*			*	
11 I like to be together when you do things 我喜欢我们一起做事情 I like the kind words you say to me 我喜欢你对我说仁慈的话	*	*			
12 What you do affects me more than you say 你所做的比所说的更能影响我 I feel complete when we hug 当我们拥抱，我感到无缺				*	*
13 I value your praise and try to avoid your criticism 我珍惜你的称赞及逃避你的批评 Several inexpensive gifts from you mean more to me than one large gift 你送我几件不重要的礼物比送一个巨大的礼物对我更重要	*		*		
14 I feel close to you when we are talking or doing something together 当我们一起谈天我会感到亲密 I feel close to you when you touch me often 当你时常触摸我的时候我感到很亲密		*			*
15 I like for you to compliment my achievements 我喜欢你称赞我的成就 I know you love me when you do things for me that you don't enjoy doing 当你为我做你不想做的事时，我就知道你爱我	*			*	
16 I like for you to touch me when you walk by 当你走近我时，我喜欢你触摸我 I like it when you listen to me sympathetically 当你富有同情心的听我倾诉，我会很喜欢		*			*
17 I feel loved when you help me with my jobs around the house 当你帮我做家务，我会感觉被爱 I really enjoy receiving gifts from you 我很喜欢收到你的礼物			*	*	
18 I like for you to compliment my appearance 我喜欢你称赞我的外表 I feel loved when you take time to understand my feelings 当你花时间来了解我的感受，我会感觉被爱	*	*			
19 I feel secure when you are touching me 当你抚摩我，我会有安全感 Your acts of service make me feel loved 你服侍的行动，使我感到被爱				*	*

20 I appreciate the many things you do for me 我欣赏你为我而做的许多事情 I like receiving gifts that you make 我喜欢收到你为我而做的礼物			*	
21 I really enjoy the feeling I get when you give me your undivided attention 当你给我你全部的专注，我感到欣慰 I really enjoy the feeling I get when you offer to do one of my chores or jobs on occasion 当你为我做一些事情，我感到很愉快		*		*
22 I feel loved when you remember my birthday with a gift 当你送我礼物给我庆祝生日，我会感觉被爱 I feel loved when you remember my birthday with meaningful words(written or spoken) 当你用有意义的话来庆祝我的生日，我会感觉被爱	*		*	
23 I know you have been thinking about me when you come home with some kind of gift 当你送我礼物，我知道你在想着我 I feel loved when you help out with my chores 当你帮我做家务，我会感觉被爱			*	*
24 I appreciate it when you listen patiently and don't interrupt me 当你耐心聆听和不打断我的话，我会很感激 I appreciate it when you remember special occasions with a gif 当你在特别的日子送我礼物，我会很感激		*	*	
25 I know you are concerned about me when you help me with some task I have to do 我喜欢知道你关心并帮助我做些日常的事务 I enjoy extended trips with you 我很喜欢与你一起长途旅行		*		*
26 your kissing me unexpectedly excites me 你意外的一个吻带给我惊喜 your give me a gift for no special reason excites me 你在一个不特别的日子送我礼物会带给我惊喜			*	*
27 I like to be told that you appreciate me 我喜欢你告诉我你欣赏我 I like for you to look at me when we are talking 当我们交谈的时候，我喜欢你注视着我	*	*		
28 Your gifts are always special to me 你的礼物对我来说一直是很特别的 I feel good when you touch me throughout the day 当你抚摸我，我感到很舒服			*	*
29 I feel loved when you enthusiastically do some task I have asked of you 当你很热情的为我做一些我所要求的事务，我会感觉被爱			*	

I feel loved when you tell me how much you appreciate me 当你告诉我你很欣赏我，我会感觉被爱	*				
30 I need to be touched every day 每一天我都需要被你触摸 I need your words of affirmation daily 每一天都需要你肯定的言语	*				*
总分（共 30 分）					

A=words(肯定的语言) B=time（相处的时刻） C=gifts（美好的礼物）
D=service（服务的行动） E=touch（身体的接触）

1 Highest score（最高分）= Primary love language（主要爱的语言）

2 Second highest（此高分）=Secondary love language（第二爱的语言）
