How Do You Feel Loved?

There are 5 categories of giving and receiving love. To figure out your primary love language, fill in the circle next to each description that applies to you in each category listed below. The category with the most dark circles is probably your primary love language. The category with the second most dark circles is probably your secondary one. The value of knowing how you feel loved is that you can express that to people, enabling them to express love in a more meaningful way to you.

**WORDS OF AFFIRMATION**
- I feel loved most when someone compliments me.
- I feel loved most when someone notices the little things they like about me.
- I feel loved most when someone makes me feel good about myself.
- I feel loved most when someone expresses their feelings toward me.
- I feel loved most when someone says nice things about me in front of others.
- I feel loved most when someone encourages me verbally.

**QUALITY TIME**
- I feel loved most when someone spends time with me.
- I feel loved most when someone focuses their full attention on me.
- I feel loved most when someone does things that I want to do.
- I feel loved most when someone is with me.
- I feel loved most when someone wants to take me to lunch.
- I feel loved most when someone sits and listens to me.
How Do You Feel Loved?

RECEIVING GIFTS
- I feel loved most when someone gives me flowers.
- I feel loved most when someone makes me things.
- I feel loved most when someone sends me a card or letter.
- I feel loved most when someone gives me the gift of time.
- I feel loved most when someone finds something for me that reminds them of me.
- I feel loved most when someone surprises me with little tokens of affection.

ACTS OF SERVICE
- I feel loved most when someone does things for me.
- I feel loved most when someone surprises me by completing a project with me.
- I feel loved most when someone helps me with things.
- I feel loved most when someone tries to make my life easier.
- I feel loved most when someone does things cheerfully.
- I feel loved most when I don’t have to ask for help.

PHYSICAL TOUCH
- I feel loved most when someone hugs me.
- I feel loved most when someone scratches my back.
- I feel loved most when someone sits close to me.
- I feel loved most when someone holds me when I cry.
- I feel loved most when someone holds my hand.

Used with permission from The Five Love Languages by Gary Chapman

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Mark how full your heart is on a scale of 0-10.

Rate Yourself: On a scale of 0 - 10, where is your heart?

0  1  2  3  4  5  6  7  8  9  10

Depressed
Unloved
I don't matter
I am scared
I am unacceptable

I am worthy of love
I am making a difference
I belong
I am happy and confident
I am acceptable and capable

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Basic Needs of the Human Heart

- Acceptance
- Love
- Worth
- Sense of belonging
- Being able to make a difference (empowerment)
- Sense of security
- “I need to matter”

How Full Is Your Heart?

Imagine your heart as a gas tank. If it is empty, it can be hard to love and care for others. If your tank is full, you are more capable of loving others.

Rate Yourself: On a scale of 0 - 10, where is your heart?

0 1 2 3 4 5 6 7 8 9 10

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Adapted from Toward a Psychology of Being by Abraham Maslow.
Personality Profile

In each box, circle any words or phrases that describe a consistent character trait of yours when you are at home.

**L**
- Likes authority
- Takes charge
- Determined
- Confident
- Firm
- Enterprising
- Competitive
- Enjoys challenges
- Problem solver
- Productive
- Bold
- Purposeful, driven
- Decision maker
- Adventurous
- Strong willed
- Independent
- Controlling
- Persistent
- Action oriented
- Leader

**O**
- Enthusiastic
- Takes risks
- Visionary
- Motivator
- Energetic
- Very verbal
- Promoter
- Friendly, mixes easily
- Enjoys popularity
- Fun-loving
- Likes variety
- Spontaneous
- Enjoys change
- Creative
- Group oriented
- Optimistic
- Initiator
- Infectious laughter
- Inspirational
- Flexible

**G**
- Sensitive feelings
- Loyal
- Calm, even keel
- Non-demanding
- Avoids confrontations
- Enjoys routine
- Dislikes change
- Warm and relational
- Gives in
- Indecisive
- Dry Humor
- Adaptable
- Sympathetic
- Thoughtful
- Nurturing
- Patient
- Tolerant
- Good listener
- Peacemaker
- Steadfast

**B**
- Enjoys instructions
- Accurate
- Consistent
- Controlled
- Reserved
- Predictable
- Practical
- Orderly
- Factual
- Conscientious
- Perfectionist
- Discerning
- Detailed
- Analytical
- Inquisitive
- Precise
- Persistent
- Scheduled
- Sensitive
- Intentional

After circling all applicable words, add up the number of circles in each box, and graph it on Personality Profile Chart.
Lions: (Hard-Sided)

- are born leaders
- like to accomplish things with immediate results
- are doers
- are decisive, but may not consult others
- want “bottom line” communication (short & sweet)
- often feel threatened by questions
- are not afraid of pressure or confrontation
- are bosses (or at least they think they are)
- love to solve problems
- want directives followed without questioning
- demand allegiance
- love to change things

Relational Challenge for Lions

Once Lions roar, others can become afraid or intimidated by them. People keep them at an emotional arm’s distance because they seem distant, angry, unapproachable or all three. The challenge for lions is to not compromise their hard-sided strengths while adopting some soft-sided traits.

MOTTO: “LET’S DO IT NOW!”
**Personality Characteristics**

**Otters:**
(Soft-Sided)

- are great at motivating others to action
- tend to avoid confrontation at all costs
- focus on the future
- tend to avoid the fine print
- are tremendous networkers (but won’t know anyone’s last name)
- are susceptible to peer pressure
- are excitable
- love to talk
- want to be involved in decisions
- are optimistic
- enjoy off-the-wall humor
- can have 25 best friends
- have a strong desire to be liked
- are soft and encouraging with people

**MOTTO:**
“TRUST ME, IT WILL WORK OUT.”

**OTTERS’ KEY PHRASE IS**
“LIGHTEN UP!”

**Relational Challenge for Otters**
Otters find it easy to be soft on people. It is also easy for them to be soft on problems. Otters need to learn to say “No” and provide the hard-side balance of healthy boundary setting.
Golden Retrievers:
(Soft-Sided)

- are fiercely loyal
- have a deep need to please others
- have hearts full of compassion
- often react strongly to sudden changes
- define the word “adaptable”
- hold stubbornly to what they feel is right
- will have only a few close friends, but will have deep friendships
- can absorb incredible emotional pain and remain committed
- can be indecisive
- are great listeners and encouragers
- are great procrastinators
- are empathizers
- need to be prepared for change

MOTTO:
“LET’S KEEP THINGS THE WAY THEY ARE.”

Relational Challenge for Golden Retrievers
Golden Retrievers’ strong tendency toward the soft-side of love can lead to issues of co-dependence and enabling. Golden Retrievers need to learn to balance their natural soft-side with some hard-side qualities.
Personality Characteristics

Beavers: (Hard-Sided)

- keep a close watch over emotions
- actually read the instruction manuals and then alphabetically file them
- like to make careful and intentional decisions
- like to use their critical thinking skills to solve problems
- often turn anger inward
- tend to focus on the past
- like maps, charts and organization
- provide great quality control
- have deep feelings for those they love
- have high standards and like rules and consistency
- will slow down under pressure
- need a non-critical atmosphere to do their best work
- need praise of their character as well as of their accomplishments

MOTTO: “LET’S DO IT RIGHT!”

Relational Challenge for Beavers

Beavers make wonderful employees, friends and family members, but an out-of-balance Beaver tends to relate only on the hard-side of love and relationships, which puts them at risk for losing at love. Soft-sided traits need to be incorporated into their relationships.