



Languages of Affirmation Quiz

Give a **total** of 10 points to the questions below, reflecting the weight of importance you would place on each. (e.g. 4 points to a, 0 points to b, 2 points to c, 1 point to d and 3 points to e)

Q1. I feel especially affirmed when my friend /partner /colleague....

- a. Expresses how grateful they are for me and for the way I do things.
- b. Gives me undivided attention and spends some time with me.
- c. Brings me gifts and other tangible expressions of appreciation.
- d. Pitches in to help me, perhaps by running errands or taking on a few clearing up tasks when I'm busy
- e. Expresses appreciation for me with a 'high five' or a pat on the back

Q2. I like it best when my friend /partner /colleague....

- a. Sends me a thoughtful card/email or calls to cheer me up.
- b. Brings me a gift, such as a magazine or snack they know I like.
- c. Does an errand for me without me having to ask.
- d. Knows exactly when I really just need a meaningful touch (like a hand on my shoulder) to make me feel better.
- e. Takes time out to be with me for lunch or coffee.

Q3. Rate these statements:

- a. I like to know I'm appreciated with a hug (out of work) or a warm handshake (in the office).
- b. Little things done for me mean more than anything said.
- c. I like to be told I look good or have done a good job.
- d. I like it when I'm treated to something special, like tickets to a show or movie.
- e. I like it when I have someone's undivided attention.

Q4. Rate these treats:

- a. A leisurely dinner with a friend/partner.
- b. A unique surprise present luxuriously wrapped.
- c. A lovely personalised card from a friend, which is all about what I mean to them.
- d. All the jobs I hate doing completed so I can do what I like (or need to)ALL DAY!
- e. A really good quality massage by an expert.

Q5. This sounds the best to me...

- a. "You deserve a break, you work so hard and I am going to come round and let you put your feet up all day while I take care of the kids/shopping/housework /garden / fix the shed....etc"
- b. "You are really important to me. Let's take the day off and go to your favourite coffee shop/golf course/restaurant/tennis court...etc. We can hang out and catch up"
- c. "I talked to your family to find out just what you liked the best and then I hunted for ages to find this for you – I hope you like it"
- d. "I'm so sorry you've been having a hard time. I think what you need is a hug and some tlc (tender loving care) – I'll be over in 5 minutes!"
- e. "You are such an amazing writer/ mother /father /teacher /singer /encourager /cook.....etc. I really haven't met anyone quite like you before"

Q6. I feel especially bad when my friend /partner /colleague....

- a. Ignores me or interrupts me when I'm talking and looks like they are not listening.
- b. Forgets my birthday or never gives me anything that tells me they really care.
- c. Criticizes me or tells me I've messed something up.
- d. Withdraws affection and becomes cold, never touching me or coming near me.
- e. Sees that I need help with something and carries on as if they don't care.

Scoring: Fill out the table below with the scores for each question being taken in order that you wrote them (a to e)

Question 1		Question 2		Question 3		Question 4		Question 5		Question 6	
a	WA	a	WA	a	PT	a	QT	a	AS	a	QT
b	QT	b	RG	b	AS	b	RG	b	QT	b	RG
c	RG	c	AS	c	WA	c	WA	c	RG	c	WA
d	AS	d	PT	d	RG	d	AS	d	PT	d	PT
e	PT	e	QT	e	QT	e	PT	e	WA	e	AS

Now take your scores from the table above and find your totals for each language

	Quality Time	Words of Affirmation	Acts of Service	Physical Touch	Receiving Gifts
Question 1					
Question 2					
Question 3					
Question 4					
Question 5					
Question 6					
TOTAL					

