

# CANA VALENTINE'S DAY

MAKE HIM / HER HAPPY

The languages of love

Fill in the grid for yourself by marking each statement: 0 "not particularly", 1 "a little", 2 'quite', 3 'very much', 4 'madly'. Your "preferred" language is the one that gets the most points.

HER

Valuing words	Points
1. I love to hear you say «I love you» to me	
2. I feel good when you tell me that you are proud of me	
3. Your opinion is very important to me	
4. Your encouragement is very important to me	
5. You tell me I'm beautiful and I like that	
6. I never tire of hearing you tell me how important I am to you	
7. Your words of encouragement give me confidence	
8. I like it when you leave me a text message to tell me you're thinking of me	
9. I like to hear you tell me that you miss me	
10. I particularly appreciate it when you compliment me on the way I dress	
<b>Total for valuing words</b>	

Quality moments	Points
1. I like to talk to you about how I feel with you	
2. I'm glad you're coming with me on a car, bus or train ride	
3. I'm especially happy when you invite me to a restaurant	
4. I really appreciate that you show a genuine interest in the things I like	
5. I like it when you listen to me and respect my ideas	
6. I need you to understand me	
7. I love having your full attention	
8. I need us to have time together to tell each other about our day	
9. I would like us to have a romantic weekend	
10. I like it when you come home early from work so we can have time together	
<b>Total for quality moments</b>	

\*From Gary Chapman, *The Languages of Love*, The Acts that Say «I Love You» Farel Edition. Gary Chapman, a pioneer in marriage counselling, has written numerous books on the relationship.



# CANA VALENTINE'S DAY

Gifts	Points
1. Receiving a gift from you makes me happy	
2. I know you love me when you surprise me with a gift	
3. I appreciate the care you took to find a gift I like	
4. Even the smallest of your gifts makes me happy	
5. I never tire of receiving gifts from you	
6. I can't wait to see what you're going to get me for my birthday	
7. I love it when you give me surprise gifts	
8. I remember all the gifts you gave me	
9. I really appreciate the time you took to find the gift of my dreams	
10. I need to receive gifts from you as a sign of your love for me	
<b>Total for gifts</b>	

Services provided	Points
1. I feel loved when you clear the table	
2. I like you to fix my computer	
3. I appreciate you helping me out when I'm tired	
4. You show me that you love me by helping me without my asking	
5. I appreciate it when you do something for me that is difficult for you	
6. I'm touched that you're doing a race for me	
7. I like it when you help me to put clothes in the washing machine and hang them up	
8. I am happy when you take care of something that belongs to me (e.g. car)	
9. I like it when you ask me what you can do for me	
10. It's important to me that you help me	
<b>Total for services provided</b>	

Physical contact	Points
1. I love your gestures of tenderness	
2. I like to cuddle with you	
3. I feel you love me when you hold me	
4. I like to take your hand	
5. I am never tired of receiving your kisses	
6. When I can't help you, I take you in my arms	
7. I love it when you caress me and kiss me	
8. I need to feel you near me	
9. I feel good when you put your arm around me	
10. I love it when you massage me	
<b>Total for physical contact</b>	



# CANA VALENTINE'S DAY

HIM

Valuing words	Points
1. I love to hear you say «I love you» to me	
2. I feel good when you tell me you are proud of me	
3. Your opinion is very important to me	
4. Your encouragement is very important to me	
5. I love to receive your little words	
6. I never tire of hearing you tell me how important I am to you	
7. Your words of encouragement give me confidence	
8. I like it when you leave me a text message to tell me you're thinking of me	
9. I like to hear you tell me that you miss me	
10. I particularly appreciate it when you compliment me on my appearance	
<b>Total for valuing words</b>	

Quality moments	Points
1. I like to talk with you about how I feel	
2. I'm glad you're coming with me on a car, bus or train ride	
3. I'm especially happy when you invite me to a restaurant	
4. I really appreciate that you show a genuine interest in the things I like	
5. I like it when you listen to me and respect my ideas	
6. I need you to understand me	
7. I love having your full attention	
8. I need us to have time together to tell each other about our day	
9. I would like us to have a romantic weekend	
10. I like it when you come home early from work so we can have time together	
<b>Total for quality moments</b>	

Gifts	Points
1. Receiving a gift from you makes me happy	
2. I know you love me when you surprise me with a gift	
3. I appreciate the care you took to find a gift I like	
4. Even the smallest of your gifts makes me happy	
5. I never tire of receiving your gifts	
6. I can't wait to see what you're going to get me for my birthday	
7. I love it when you give me surprise gifts	
8. I remember all the gifts you gave me	
9. I really appreciate the time you took to find the gift of my dreams	
10. I need to receive gifts from you as a sign of your love for me	
<b>Total for gifts</b>	



# CANA VALENTINE'S DAY

Services provided	Points
1. I feel loved when you make me a good dish	
2. I like you to take my dentist's appointment	
3. I can count on you to help me with my projects	
4. You show me that you love me by helping me without my asking	
5. I appreciate it when you do something for me that is difficult for you	
6. Sometimes you do an errand for me and it touches me	
7. Cleaning our house is an important act of love that you perform	
8. It's an important sign of love to me when you come to help me despite the fact that you have other things to do	
9. I can tell when I'm tired you offer me help	
10. It's important to me that you help me	
<b>Total for services provided</b>	

Physical contact	Points
1. I love your gestures of tenderness	
2. I like to make love with you	
3. I feel you love me when we hold each other	
4. I like to take your hand	
5. I am never tired of receiving your kisses	
6. When I can't help you, I take you in my arms	
7. I love it when you caress me and kiss me	
8. I need to feel you near me	
9. I feel good when you hug me	
10. I love it when you massage me	
<b>Total for physical contact</b>	

Share your grid with your spouse. Does the language identified for you surprise you? and the language identified for your spouse?

Preparing/doing something for your partner? Is there a gap between the language you use and the one that would fill your quiz: massage, dance, skit, cake...Take it in turns.

