

## The Five Love Languages Five Minute Assessment

Name: \_\_\_\_\_

	I feel especially loved when people express how grateful they are for me, and the simple, everyday things I do	<i>You feel loved when another person tells you that he or she values you as a person and appreciates you</i>	Words of Affirmation
	I feel especially loved when a person gives me undivided attention and spends time alone with me	<i>You feel closer to another person when you receive focused attention</i>	Quality Time
	I feel especially loved by someone who brings me gifts and other tangible expressions of love	<i>Tangible expressions of love assure you that the other person is not just thinking of you, but that he or she cares enough to show it</i>	Receiving Gifts
	I feel especially loved when someone pitches in to help me, perhaps by running errands or taking on my household chores	<i>You feel most loved when someone helps you carry out your responsibilities</i>	Acts of Service
	I feel especially loved when a person expresses feelings for me through physical contact	<i>You feel loved when you literally make contact with another person. You enjoy being embraced and feeling another's touch</i>	Physical Touch

After carefully reading each statement rate each of the five sections on a scale of 1 – 5  
1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always

**Write your score in the left hand column**

My primary love language is \_\_\_\_\_

My secondary love language is \_\_\_\_\_

*Based on Five Love Languages by Dr. Gary Chapman*

**PREPARING TO LAUNCH**

"Personality Plus" by Florence Littauer has a free public access personality test:

**TO TAKE THE TEST** Listed below, you will see that there are 20 rows of 4 selections for "personality strengths" and "personality weaknesses". In each row you must select the one characteristic that describes YOU the best. Be as honest as you can. If you believe that none of the 4 selections describes you, pick the characteristic that comes closest to describing you. Don't leave out any item for any group of 4! When you are finished with the 40 selections (20 strengths and 20 weaknesses), go over your results on the result page listed below. Remember that no answer is better or worse than any other and no personality type is better or worse than any other personality type. This will simply define your personality tendencies. Most people's profile will contain a combination of the personality types. Have fun with the results!

**PERSONALITY.....PLUS.....TEST... (PART 1) --STRENGTHS-----**

Mark One word in each row that best describes you.

- Animated..... Adventurous..... Analytical..... Adaptable
- Playful..... Persuasive..... Persistent..... Peaceful
- Sociable..... Strong willed..... Self-sacrificing.. Submissive
- Convincing..... Competitive..... Considerate.... Controlled
- Refreshing..... Resourceful... Respectful..... Reserved
- Spirited..... Self-reliant..... Sensitive..... Satisfied
- Promoter..... Positive..... Planner..... Patient
- Optimistic..... Outspoken..... Scheduled..... Shy
- Spontaneous.. Sure..... Orderly..... Obliging
- Funny..... Forceful..... Faithful..... Friendly
- Delightful..... Daring..... Detailed..... Diplomatic
- Cheerful..... Confident..... Cultured..... Consistent
- Inspiring..... Independent.... Idealist..... Inoffensive
- Demonstrative.. Decisive..... Deep..... Dry Humor
- Mixes Easily..... Mover..... Musical..... Mediator
- Talker..... Tenacious..... Thoughtful..... Tolerant
- Lively..... Leader..... Loyal..... Listener
- Cute..... Chief..... Chart-maker..... Contented
- Popular..... Productive..... Perfectionist..... Permissive
- Bouncy..... Bold..... Behaved..... Balanced

**PREPARING TO LAUNCH**

**PERSONALITY.....PLUS.....TEST... (PART 2)---WEAKNESSES -----**

Mark One word in each row that best describes you.

<u>Brassy.....</u>	<u>Bossy.....</u>	<u>Bashful.....</u>	<u>Blank</u>
<u>Undisciplined..</u>	<u>Unsympathetic..</u>	<u>Unforgiving.....</u>	<u>Unenthusiastic</u>
<u>Repetitious.....</u>	<u>Resistant.....</u>	<u>Resentful.....</u>	<u>Reticent</u>
<u>Forgetful.....</u>	<u>Frank.....</u>	<u>Fussy.....</u>	<u>Fearful</u>
<u>Interrupts.....</u>	<u>Impatient.....</u>	<u>Insecure.....</u>	<u>Indecisive</u>
<u>Unpredictable.</u>	<u>Unaffectionate.</u>	<u>Unpopular.....</u>	<u>Uninvolved</u>
<u>Haphazard.....</u>	<u>Headstrong.....</u>	<u>Hard to Please....</u>	<u>Hesitant</u>
<u>Permissive.....</u>	<u>Proud.....</u>	<u>Pessimistic.....</u>	<u>Plain</u>
<u>Angered Easily.</u>	<u>Argumentative.</u>	<u>Alienated.....</u>	<u>Aimless</u>
<u>Naive.....</u>	<u>Nervy.....</u>	<u>Negative Attitude.</u>	<u>Nonchalant</u>
<u>Wants Credit....</u>	<u>Workaholic.....</u>	<u>Withdrawn.....</u>	<u>Worrier</u>
<u>Talkative.....</u>	<u>Tactless.....</u>	<u>Too Sensitive.....</u>	<u>Timid</u>
<u>Disorganized.....</u>	<u>Domineering...</u>	<u>Depressed.....</u>	<u>Doubtful</u>
<u>Inconsistent.....</u>	<u>Intolerant.....</u>	<u>Introvert.....</u>	<u>Indifferent</u>
<u>Messy.....</u>	<u>Manipulative...</u>	<u>Moody.....</u>	<u>Mumbles</u>
<u>Show-Off.....</u>	<u>Stubborn.....</u>	<u>Skeptical.....</u>	<u>Slow</u>
<u>Loud.....</u>	<u>Lord Over Others.</u>	<u>Loner.....</u>	<u>Lazy</u>
<u>Scatterbrained....</u>	<u>Short-tempered....</u>	<u>Suspicious.....</u>	<u>Sluggish</u>
<u>Restless.....</u>	<u>Rash.....</u>	<u>Revengeful.....</u>	<u>Reluctant</u>
<u>Changeable.....</u>	<u>Crafty.....</u>	<u>Critical.....</u>	<u>Compromising</u>

Column 1 Sanguine Column 2 Choleric Column 3 Melancholy Column 4 Phlegmatic

Count the check marks for each of the 4 columns for both tests. Next, total them. You should have 4 numerical results, one for each column. The grand total should be 40 check marks, 20 for each of the 2 tests above.

**REMEMBER - There is Not a Failing or Passing Grade. No Personality Type is Better or Worse than Another. This merely describes your personality tendencies.**

The Four Personality Types in the book are:

**Choleric:** This is the dominant, strong, decisive, stubborn and even arrogant type of person. They tend to be good leaders because they are driven to get things done, however they might offend some people along the way. Choleric are also known as the "POWEFUL" type. Some famous examples are Oprah Winfrey, Dr. Phil, Phil Donahue, Donald Trump, Bill Gates and Bill O'Reilly.

**Melancholy:** This is the mental-type. Their typical behavior involves thinking, assessing, making lists, evaluating the positives and negatives, and general analysis of facts. They love maps, charts and graphs. They are usually the most intelligent of the four types, however they tend to dwell on details. A Melancholy is a planner, making sure things happen, although sometimes they can paralyze themselves with over-analysis. Lists and "doing things the right way" are characteristics of this personality type. Melancholies are also known as the "Perfect" type. Some famous examples are Hillary Clinton, Ernest Hemingway, Vincent Van Gogh and Beethoven.

**Sanguine:** This is the social-type. They enjoy fun, socializing, chatting, telling stories - and are fond of promising the world, because that's the friendly thing to do. A Sanguine gets on well with people and can get others excited about issues, but cannot always be relied upon to get things done. They love interacting with others and play the role of the entertainer or center of attention in group interactions. They have a tendency to over-promise and under-deliver. Sanguines are also known as the "Popular" type. Some famous examples are Bill Clinton, Robin Williams, Kelly Ripa and Richard Simmons.

**Phlegmatic:** This is the flat-type. They are easy going, laid back, nonchalant, unexcitable and relaxed. Desiring a quiet and peaceful environment above all else. They tend not to actively upset people, but their indifference may frustrate people. They try not to make decisions, and generally go for the status quo. They are good as mediators because they don't usually have many enemies. They also have a "dry" and quick sense of humor. Phlegmatics are also known as the "Peaceful" type. Some famous examples are Calvin Coolidge, Tim Duncan, Sandy Koufax, and Keanu Reeves.

To summarize:

a Choleric likes it "my way", a Melancholy likes it "the right way", a Sanguine likes it "the fun way", and a Phlegmatic likes it "any way".