

The following are statements about the behaviors others do toward us to make us feel loved. While all of these actions may make us feel loved, we are interested in determining which of these behaviors makes you feel ***MOST*** loved. Think about someone who is close to you. Which of these behaviors makes you feel ***MOST*** loved by this person?

The significant other I am thinking of is my: (check one)

spouse     parent     romantic partner     very close friend     sibling

Using the scale below, consider each statement according to the behavior of this individual that makes you feel ***MOST*** loved. Rate each statement for the *degree to which you agree* that it makes you feel most loved.

- 7 = Strongly agree
- 6 = Moderately agree
- 5 = Slightly agree
- 4 = Neutral
- 3 = Slightly disagree
- 2 = Moderately disagree
- 1 = Strongly disagree

**I feel most loved when this person...**

1. Does something for me like make me dinner.
2. Cleans the house so I don't have to do it.
3. Gives me an unexpected hug or kiss.
4. Gives me an unexpected gift.
5. Spends time doing something with me, like going for a walk.
6. Buys me dinner or a movie.
7. Compliments me on my appearance.
8. Spends time alone with me in the same room, even though we may be doing separate activities.
9. Praises me in front of family or friends.
10. Looks me in the eyes and listens to my thoughts and feelings.
11. Gives me funny or sweet cards or notes for no reason.
12. Does something unexpected to surprise me like washing my car for me or cleaning the kitchen.
13. Tells me I am handsome or beautiful.
14. Does something like pick me a flower to give to me.
15. Encourages me verbally.
16. Sits and cuddles with me.
17. Does something for me just to show me he/she cares.
18. Gives me some form of physical touch.
19. Tells me tells me how special I am.
20. Spends a lot of quality time with me.
21. Does something like bring me a small surprise from a trip.
22. Does a chore or errand for me so I don't have to.
23. Meets with me someplace to talk and have a drink (coffee, soda, or alcohol).
24. Touches me in some manner.
25. Holds my hand.

**Add the *points* (1-7) of the question numbers listed below...**

**Acts of Service** = Add what you put for questions ... **1 + 2 + 12 + 17 + 22 = \_\_\_\_\_**

**Quality Time** = **5 + 8 + 10 + 20 + 23 = \_\_\_\_\_**

**Touch** = **3 + 16 + 18 + 24 + 25 = \_\_\_\_\_**

**Words of Affirmation** = **7 + 9 + 13 + 15 + 19 = \_\_\_\_\_**

**Gifts** = **4 + 6 + 11 + 14 + 21 = \_\_\_\_\_**