

STEP 1

After taking the quiz, write down and share with each other your love language(s).

Name:

Love Language:

STEP 2

Talk with each other about what you believe your primary love language means. Use the guide included with the 5 Love Languages kit or go to 5lovelanguages.com. As you share, make sure you are seeking to understand what the love language means in the other person's own words. Don't assume that you know what it means to them until you have sought to understand it from their perspective.

STEP 3

Each person share at least two specific ways the other could show you love using your love language. Write these ideas down so you can remember them later as you become intentional about showing love in the other person's language.

STEP 4

Read **Ephesians 6:1-4** together and answer the following questions aloud:

- **Parent(s):** What are you responsible for in these verses?
- **Teen:** What are you responsible for in these verses?
- **Both:** How might using each other's love languages help you fulfill these roles in your relationship better?

STEP 5

Pray – Ask God to help you love each other in a way that will grow your relationship with one another and bring glory to Him. Thank Him for the tool of the Love Languages and His power to put them into practice.

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— The 5 Love Languages — PARENT & TEEN

BEST USE

An activity for parents and teens.

VALUE

Teens honor their parents by learning their parents love language and discuss ways they can demonstrate that love to them. Parents discover their teen's love language and how to best express and demonstrate their love.

ADVANCED PREP

Parents and teens take the age appropriate love language profile. It can be done while together or each on his/her own. Take it at 5lovelanguages.com or use the following pages. Plan a time to meet and discuss the findings. Consider going for coffee, to a favorite dessert spot or making something special at home together.

TEEN PROFILE

To Get Started:

You're going to see 30 pairs of things that your parent(s) might do or say to show love to you. All you have to do is pick one item in each pair that you like better. For some of them, you might like both options—but just pick one. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. When you finish marking your answers, count how many times you circled each letter and transfer to the appropriate blank at the end of the test.

1 **A** Asks me what I think
E Puts his/her arm around my shoulder

2 **B** Goes to my ball games, recitals, etc.
D Does my laundry

3 **C** Buys me clothes
B Watches TV or movies with me

4 **D** Helps me with school projects
E Hugs me

5 **E** Kisses me on the cheek
C Gives me money for the things I need

6 **B** Takes time off of work to do stuff with me
E Rubs my shoulders or back

7 **C** Gives me cool things for my birthday
A Reassures me when I fail or mess up

8 **E** Gives me a high five
A Respects my opinions

9 **B** Goes out to eat or shops with me
C Lets me use his/her stuff

10 **A** Tells me I'm the best son/daughter in the world
D Drives me to places I need to go

11 **B** Eats at least one meal with me most every day
A Listens to me and helps me work through problems

12 **D** Doesn't invade my privacy
E Holds or shakes my hand

13 **A** Leaves me encouraging notes
C Knows what my favorite store is

14 **B** Hangs out with me sometimes
E Sits next to me on the couch

15 **A** Tells me how proud he/she is of me
D Cooks meals for me

16 **E** Straightens my collar, necklace, etc.
B Shows interest in stuff that I'm interested in

17 **D** Allows my friends to hang out at our house
C Pays for me to go on school or church trips

18 **A** Tells me I look good
B Listens to me without judging me

19 **E** Touches or rubs my head
D Sometimes lets me pick out where we go on family trips

20 **D** Takes me to the doctor, dentist, etc...
C Trusts me to be at home alone

21 **B** Takes me on trips with him/her
D Takes me and my friends to movies, ball games, etc.

22 **C** Gives me stuff that I really like
A Notices when I do something good

23 **C** Gives me extra spending money
D Asks me if I need help

24 **B** Doesn't interrupt me when I'm talking
C Likes the gifts I buy for him/her

25 **D** Lets me sleep in late sometimes
B Seems to really enjoy spending time with me

26 **E** Pats me on the back
C Buys me stuff and surprises me with it

27 **A** Tells me he/she believes in me
B Can ride in the car with me without lecturing me

28 **C** Picks up stuff that I need from various stores
E Sometimes holds or touches my face

29 **D** Gives me some space when I'm feeling upset or angry
A Tells me that I'm talented or special

30 **E** Hugs or kisses me at least once every day
A Says he/she is thankful that I'm his/her child

Now go back and count the number of times you circled each individual letter and write that number in the appropriate blank below.

THE RESULTS

- A:** _____ WORDS OF AFFIRMATION
B: _____ QUALITY TIME
C: _____ RECEIVING GIFTS
D: _____ ACTS OF SERVICE
E: _____ PHYSICAL TOUCH

Which love language received the highest score?

This is your primary love language. If point totals for two love languages are equal, you are "bilingual" and have two primary love languages. And if you have a secondary love language, or one that is close in score to your primary love language, this means that both expressions of love are important to you. The highest possible score for any single love language is 12.

Would you like an email copy of your results?

Take the free quiz at 5lovelanguages.com and get your personal results emailed directly to your inbox.

Want to learn more?
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