YOUR ANSWERS. YOUR PERSPECTIVE.

# Love-language

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 5 PROFILE AREAS

1

## Appreciative words

You describe a noticeable tendency towards valuing spoken affection, affectionate messages and specific appreciation. This pattern stands out in your responses; it is not a comparison with other people.

2

## Shared attention

Your result does not show a clear direction for valuing uninterrupted time, shared rituals and freely offered company. Check individual responses: partial agreement and opposing answers can produce the same average. Some responses differ substantially from this direction.

3

## Individual responses matter

Shared attention: Scored responses range from 2 to 5/5 (items 19 & 9).

**Your first small step**

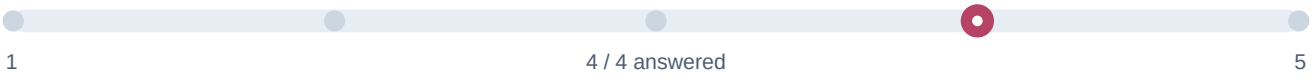
Agree on a short time together and discuss what being attentive means to each of you.

02 / YOUR REPORT

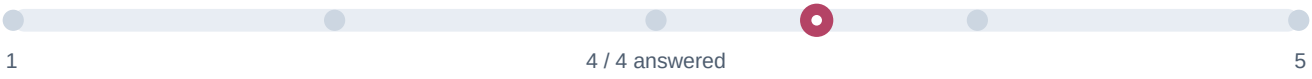
# Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

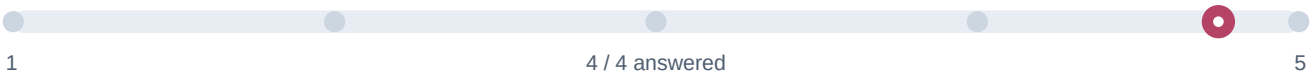
**Appreciative words** — 4.0 / 5



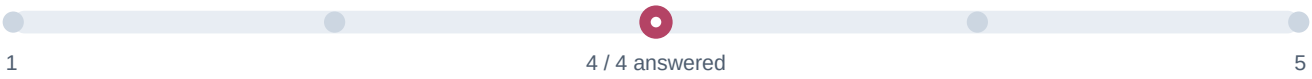

**Shared attention** — 3.5 / 5



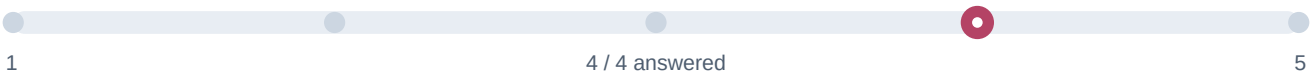

**Practical support** — 4.8 / 5




**Consensual physical closeness** — 3.0 / 5




**Personal gestures** — 4.0 / 5




### How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

# Connecting your responses

Observations from your responses, not fixed characteristics.

You can see which expressions of affection matter to you in these responses. These are wishes, not prescribed love languages or duties for someone else.

## Your result in words

Appreciative words: You describe a noticeable tendency towards valuing spoken affection, affectionate messages and specific appreciation. This pattern stands out in your responses; it is not a comparison with other people.

Shared attention: Your result does not show a clear direction for valuing uninterrupted time, shared rituals and freely offered company. Check individual responses: partial agreement and opposing answers can produce the same average.

## Shared attention: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 19: I appreciate someone taking the initiative to spend time with me. | Mostly untrue

Item 9: Small shared rituals give me a sense of closeness. | Very true

**Consider a possible everyday situation**

Agree on a short time together and discuss what being attentive means to each of you.

04 / YOUR REPORT

# Appreciative words

Trace your responses and connect them with everyday situations.

This area concerns the importance of spoken appreciation to you.

**Your response value** **4.0 / 5**




## What this means in practice

You describe a noticeable tendency towards valuing spoken affection, affectionate messages and specific appreciation. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 11: I value recognition of small efforts.

Your response: Partly true

Item 8: An affectionate message means a lot to me.

Your response: Very true

**A prompt for further reflection**

Tell someone you trust exactly what you appreciated about something they did.

**When does this fit me - and when does it not?**

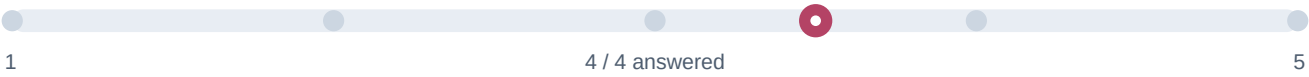
05 / YOUR REPORT

# Shared attention

Trace your responses and connect them with everyday situations.

These statements concern shared time and attentive presence.

**Your response value** **3.5 / 5**




## What this means in practice

Your result does not show a clear direction for valuing uninterrupted time, shared rituals and freely offered company. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

## Two concrete responses

Item 19: I appreciate someone taking the initiative to spend time with me.

Your response: Mostly untrue

Item 9: Small shared rituals give me a sense of closeness.

Your response: Very true

**A prompt for further reflection**

Agree on a short time together and discuss what being attentive means to each of you.

**When does this fit me - and when does it not?**

06 / YOUR REPORT

# Practical support

Trace your responses and connect them with everyday situations.

This area looks at practical support and sharing a burden.

**Your response value** **4.8 / 5**

1 — 4 / 4 answered — 5

## What this means in practice

You describe a noticeable tendency towards experiencing practical help and shared problem-solving as expressions of care. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 6: I appreciate someone sharing a demanding task with me.

Your response: Mostly true

Item 17: Solving an everyday problem together can create closeness for me.

Your response: Very true

**A prompt for further reflection**

Offer one specific form of help and ask whether it is wanted.

**When does this fit me - and when does it not?**

07 / YOUR REPORT

# Consensual physical closeness

Trace your responses and connect them with everyday situations.

These statements concern wanted, consensual physical closeness. Preferences never create obligations.

**Your response value** **3.0 / 5**




## What this means in practice

Your result does not show a clear direction for experiencing wanted hugs, holding hands and physical closeness as connecting. Check individual responses: partial agreement and opposing answers can produce the same average.

## Two concrete responses

Item 4: A welcome hug can make me feel connected.

Your response: Mostly untrue

Item 15: Holding hands can be an important form of affection for me.

Your response: Mostly true

**A prompt for further reflection**

Discuss calmly which forms of closeness feel comfortable and what boundaries matter.

**When does this fit me - and when does it not?**

08 / YOUR REPORT

# Personal gestures

Trace your responses and connect them with everyday situations.

This area concerns the meaning of small, personal signs of attention.

**Your response value** **4.0 / 5**

1 — 4 / 4 answered — 5

## What this means in practice

You describe a noticeable tendency towards valuing small personal gestures and remembered details. This pattern stands out in your responses; it is not a comparison with other people.

## Two concrete responses

Item 18: I like deliberately celebrating small shared milestones.

Your response: Partly true

Item 14: With a gift, the thought matters more to me than the price.

Your response: Very true

**A prompt for further reflection**

Consider a small gesture that suits the other person, and ask if you are unsure.

**When does this fit me - and when does it not?**

09 / YOUR REPORT

# Your values clearly explained

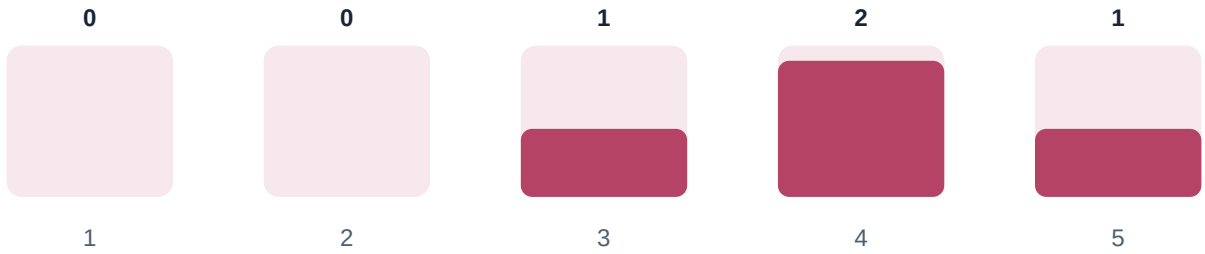
## Appreciative words

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

**Calculated from your actual responses**

4 + 5 + 3 + 4 = 16. 16 / 4 = 4.0 / 5.

## The distribution of your selected responses




The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

## A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

10 / YOUR REPORT

# Your own next step

An optional everyday idea, without a performance target.

1

### Today: note one situation

Starting point: Shared attention. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

### This week: explore a perspective

Agree on a short time together and discuss what being attentive means to each of you.

3

### Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

**My situation and what matters to me:**

**My optional idea and a suitable time:**

**What I would like to take from this:**

11 / YOUR REPORT

# Method and limitations

## What the report is based on

Independently developed, unnormed self-reflection. High values are not inherently better; the profile describes your responses, not fixed traits.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

## Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

### If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

# Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

| | | |
|---|---|---|
| 1 | **It feels good to hear affection expressed explicitly.** | Appreciative words \| Mostly true |
| 2 | **Uninterrupted time together matters to me.** | Shared attention \| Partly true |
| 3 | **Practical support makes me feel cared for.** | Practical support \| Very true |
| 4 | **A welcome hug can make me feel connected.** | Consensual physical closeness \| Mostly untrue |
| 5 | **A small gesture chosen for me means a lot.** | Personal gestures \| Mostly true |
| 6 | **I appreciate someone sharing a demanding task with me.** | Practical support \| Mostly true |
| 7 | **I appreciate someone remembering something that matters to me.** | Personal gestures \| Mostly true |
| 8 | **An affectionate message means a lot to me.** | Appreciative words \| Very true |
| 9 | **Small shared rituals give me a sense of closeness.** | Shared attention \| Very true |
| 10 | **Sitting close to someone I trust feels good to me.** | Consensual physical closeness \| Partly true |
| 11 | **I value recognition of small efforts.** | Appreciative words \| Partly true |
| 12 | **I appreciate activities we plan together.** | Shared attention \| Mostly true |
| 13 | **I show affection by helping with everyday tasks.** | Practical support \| Very true |
| 14 | **With a gift, the thought matters more to me than the price.** | Personal gestures \| Very true |

## Your responses in full / CONTINUED

15 **Holding hands can be an important form of affection for me.**
Consensual physical closeness | Mostly true

16 **Encouraging words help me in difficult moments.**
Appreciative words | Mostly true

17 **Solving an everyday problem together can create closeness for me.**
Practical support | Very true

18 **I like deliberately celebrating small shared milestones.**
Personal gestures | Partly true

19 **I appreciate someone taking the initiative to spend time with me.**
Shared attention | Mostly untrue

20 **A welcome touch when greeting someone matters to me.**
Consensual physical closeness | Partly true