

THE LANGUAGES OF APPRECIATION QUIZ

- B I appreciate it when someone gives me their undivided attention.
- D I appreciate when others assist me with jobs or projects.

- 2. D
- C

11. B

D

25. D I enjoy my work more when teammates offer to help me prepare for a big event or project.
 A I enjoy my work more when those around me acknowledge my skills and contributions.
26. B Any discouragement I may be experiencing seems to lessen when a coworker/ Teammate spends time with me to think through the issues I am facing.
 A Any discouragement I may be experiencing seems to lessen when a coworker/ Teammate affirms my contributions (makes positive comments about what I have done.)
27. B After a large project has been completed, I like doing something special to celebrate with my team.
 C After a large project has been completed, I like receiving some "time off" as a reward for my efforts.
28. B When a coworker/classmate offers a "listening ear" to my concerns, I find myself feeling more positive about my work.
 A When others work with me to get projects done, I find myself feeling more positive about my work.
29. C If I am feeling unappreciated by those around me, receiving a gift card to go do something fun helps me feel better.
 A If I am feeling unappreciated by those around me, others telling me how important I am to the team helps me feel better.
30. D I feel more energized about my work when I know others will be there to help me complete a project, if assistance is needed.
 C I feel more energized about my work when I know I will get tickets to an activity of interest to me when the project is done.

YOUR SCORE

Go through your responses and add up each letter circled and enter below. The response chosen most is your primary language. You may be lucky and be bi-lingual.

_____ A = Words of Affirmation

_____ B = Quality Time

_____ C = Receiving Gifts

_____ D = Acts of Service