

## 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