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What would completely turn you off? Someone who puts their work and social life before me. Someone who is lazy and unhelpful. Someone who struggles to communicate. Someone who is cold and distant. I love it when my partner....cuddles me whilst we sleep. ...cleans without me asking them to. ...buys me flowers unexpectedly. ...surprises me with a home-cooked meal and an evening together. ...texts me paragraphs about how much they love me. It's your birthday! What kind of gift would you like? A luxury Caribbean resort vacation. A one-night stay at a secluded cottage with a hot tub. No need for a gift as long as all the people I love are celebrating with me. What's most important to you in a relationship? Receiving compliments from my partner on a regular basis. Receiving help without asking. Receiving unexpected gifts from my partner on a regular basis. Getting to spend time with my partner. How would you let someone know you have a crush on them? I would probably just tell them over text or in person. I would offer to help them study. I would ask them out on a date. I would lay it on thick and flirt with them. I would buy them something they've wanted for ages. I probably would keep it to myself and hope they liked me. When you're feeling down what perks you up? A little pep talk on FaceTime from my friends. Grabbing drinks with my BFF. Someone ordering my favourite food for me. Pick an ideal first date setting. A comedy night at a club. Rollerskating or rock climbing. A romantic candlelit dinner for two. At the movies watching something scary. Your love language is Words of Affirmation. You need someone who'll show their appreciation for you, compliment and encourage you. You want someone to acknowledge how special you are. Equally, you love nothing more than leaving a little love note for your significant other. Your love language is Acts of Service. For you, actions speak louder than words. You like helping people and you fall in love when others unexpectedly do little tasks for you. Your love language is Quality Time. For you, it's important that you have as much alone time as possible with your significant other. Whether you're heading out for date night or just chilling at home and watching Netflix, you need to be around them. Your love language is Receiving Gifts. You like to know that your significant other is thinking about you and listening to your needs. Whether it's a bunch of flowers or the latest designer bag, you love to be surprised. Equally, you like to sometimes spoil your partner too. Your love language is Physical Touch, which means you give and receive love through intimate contact. Nothing makes you feel more loved than when you're holding hands, cuddling, kissing or having sex. QUIZ: What is your love language? How do you really give and receive love? Jacobs Stock Photography Ltd/Getty ImagesLove language is a term that's used to describe the way that people like to express and receive love. But it's more than a buzzword—knowing your love language can help you figure out why you behave the way you do in relationships, and even why you might get annoyed when your partner doesn't do certain things for you. The idea of love languages comes from The 5 Love Languages, which was published in 1992 by Gary Chapman, PhD. As Chapman details in the book, there are five main love languages, and each has its own unique qualities. Here's what you need to know about love languages—and how to figure out yours.What are the five main love languages?According to Chapman, these are the five main love languages:Words of affirmationQuality timePhysical touchActs of serviceReceiving giftsWhat do the five main love languages mean?Chapman's book spells out the differences and unique qualities of each love language. Here's a breakdown:Words of affirmationWords of affirmation focuses on verbal expressions of love. Meaning, you feel most loved (and express your love for others) through telling others how you feel about them. The phrase "I love you" may carry a deeper meaning for you than for people who have other love languages. Quality timePeople with this love language value time spent together. They prefer to spend a lot of time with their partner, whether it's just hanging out or doing a special date together. When they can do this, they feel the most loved. Physical touchPeople who have physical touch as their love language crave physical affection and dole it out easily. Holding hands, kissing, sex, and anything where you can touch is how you show affection and prefer to receive it. Acts of serviceThis love language focuses on doing things to try to make someone else happy, even if it means you have to sacrifice something. That could include keeping your partner's favorite ice cream in the freezer, taking time off work to care for them when they're sick, or taking out the trash. Receiving giftsPeople who have this love language feel the most loved when they're given thoughtful or meaningful gifts. They also typically express their love for others by giving them personalized gifts. How to find your love languageNot sure what your love language is? Take this quiz to find out. It makes me feel good when my partner...A. Tries hard to make quality time for us.B. Sends a text to say they're thinking of me.C. Surprises me with my favorite flowers. D. Puts their arm around me in public.E. Brings me flowers. For a special occasion like an anniversary, I'll usually...A. Plan a getaway for two.B. Write a sweet Instagram tribute to my partner.C. Bring my partner breakfast in bed. D. Make a point to have great sex, with plenty of cuddles afterward.E. Splash out on the perfect present. What is your favorite thing your partner or a former partner has done for you?A. Planned a special outing or vacation, just for us.B. Written a poem, special card, or song for me.C. Took time off work to be with me.D. Held me all night.E. Gave me a really special gift. What kind of date do you prefer?A. Anything where we can build new memories together.B. Something where we can go someplace and just talk.C. Volunteering together.D. Getting a couples massage.E. Being surprised with a thoughtful night out. One of the biggest perks of being in a relationship is... A. Always having someone to hang out with.B. Hearing compliments all the time.C. Having someone help you out in life.D. All the cuddles and kisses.E. Coming up with fun gifts to show you care. ANSWERSMostly A's: Your love language is quality time. You really appreciate those one-on-one moments with your partner and do your best to try to create special times with them. Mostly B's: Your love language is words of affirmation. An "I love you" goes a long way for you, and it means a lot to you to hear compliments or that your partner is thinking of you when you're not together.Mostly C's: Your love language is acts of service. You feel special when your partner goes out of their way to do thoughtful gestures for you, like making your coffee in the morning.Mostly D's: Your love language is physical touch. You can't get enough cuddles and kisses, and feel special when you and your partner make time for sex. Mostly E's: Your love language is receiving gifts. You love it when your partner surprises you with a little something, and have a lot of fun thinking up fun ways to partner them in return. Korin MillerKorin Miller is a freelance writer specializing in general wellness, sexual health and relationships, and lifestyle trends, with work appearing in Men's Health, Women's Health, Self, Glamour, and more. She has a master's degree from American University, lives by the beach, and hopes to own a teacup pig and taco truck one day. On your birthday, what type of gift would you most want to receive from your partner? Something expensive Just time with my partner is all I require A home-cooked meal A thoughtful gift What makes you feel the best out of the options below? Physical intimacy Spending time with the people I love When someone tells me they love me My partner helps me with a problem What would be a bigger turn-on for you? Your partner sending you a love note Sexy talk A passionate kiss An expensive gift What do you feel is your biggest flaw as a partner? I need a lot of alone time I can be selfish I am needy I can't express myself Out of the options below, what date sounds the best? A day together at an amusement park A romantic dinner at a fancy restaurant Seeing a movie together It doesn't matter so long as we're together How does the idea of spending all day with your partner for months on end sound? Amazing! I'm not sure Neither good nor bad Horrible! What would your reaction be if your partner prepared an elaborate meal for you? I would love it I would love it I would hate it It depends on how good the meal was It would be okay but that's not my favorite thing What would your reaction be if your partner wrote you a love poem? It depends on how good the poem was I would love it I would hate it I would be embarrassed Page 2On your birthday, what type of gift would you most want to receive from your partner? Something expensive Just time with my partner is all I require A home-cooked meal A thoughtful gift What makes you feel the best out of the options below? Physical intimacy Spending time with the people I love When someone tells me they love me My partner helps me with a problem What would be a bigger turn-on for you? Your partner sending you a love note Sexy talk A passionate kiss An expensive gift What do you feel is your biggest flaw as a partner? I need a lot of alone time I can be selfish I am needy I can't express myself Out of the options below, what would make you feel the worst? When your partner forgets your birthday or an anniversary Your partner flirts with someone else Your partner flirts with someone else Your partner flirts with someone else Your partner says something hurtful Being away from your partner for a long time What quality do you look for most in a partner? Kindness Money Sense of humor Good looks Of the options below, what would make you feel the most appreciated? A gift A hug or a firm handshake Someone saying "thank you" Someone doing you a favor in return Out of the options below, what would make you feel the best? Hearing your partner describe what they love about you A warm hug Going on a long walk together Your partner making a mess Body odor In the past, how have you let a crush know that you have feelings for them? None of the above Doing favors for them, helping them out when they need it Flirted with them Told them directly Out of the options below, what date sounds the best? A day together at an amusement park A romantic dinner at a fancy restaurant Seeing a movie together It doesn't matter so long as we're together How does the idea of spending all day with your partner for months on end sound? Amazing! I'm not sure Neither good nor bad Horrible! What would your reaction be if your partner prepared an elaborate meal for you? I would love it I would love it It depends on how good the meal was It would be okay but that's not my favorite thing What would your reaction be if your partner wrote you a love poem? It depends on how good the poem was I would love it I would hate it I would be embarrassed Page 3 1. What couldn't you live without in your dream relationship? Sweet compliments. I need to know I'm adored. Amazing hookups. Weekly date nights. Gifts. And they don't have to cost anything—my partner can "gift" their time and effort, too. 2. If your partner makes a mistake, how would you prefer they make it up to you? I'd want them to give me a sincere apology, especially if they pair it with a thoughtful gift. I'd love for them to offer a long back massage. If they planned us a day trip to my favorite place, I'd be touched. I'd be thrilled if my partner made me a nice dinner. 3. What's the sign of a great friendship? Amazing communication. Reassuring hugs. Being attached at the hip and looking out for each other. Knowing just what I like. If they pick the perfect gift, they know me through and through! 4. How would you know someone's meant to be on a first date? If they describe what they like about me, whether it's looks or personality. If their touches are electric. If they ask for another round, just so we can spend extra time together. If they do something super romantic, like hold the car door or bring chocolates to our date. 5. To create intimacy, what would you be most likely to do? Give my partner a deep look and say: I love you so much. Buy champagne and scatter rose petals on the bed. Plan a weeklong vacation, just the two of us. Make a loving sacrifice for them. I'd either spend money on a fancy gift or take a day to help them finish a chore they've been dreading. 6. What kind of partner would bother you most? Someone who can't communicate a feeling to save their life. Someone who you don't have a strong physical connection with. Someone who's too busy to prioritize time with you or do things to help you. Someone who doesn't ever get me anything. 7. What routine would you love in a relationship? Good-morning texts. Even when we're not together, we're communicating our care for each other. Cuddling every night before bed. Choosing one special day of the week that's just for us. Making a big deal out of birthdays, either with incredible gifts or by throwing each other parties. 8. What do you feel like you're great at in relationships? Saying the right thing at important moments. Offering comforting touches when someone's upset. Shifting my schedule to include people I care about, even when I'm busy. Being thoughtful. Without being asked, I'll run my partner a relaxing bath. 9. Ugh, you've had a bad day. How can your partner help? Send you this text: Hey, I know today's been rough, but you've got this. Be waiting at home with open arms. Sometimes a hug is all you need. Clear their schedule: You're going out for ice cream, and it's on them. Surprise you by cleaning the house for you. 10. What's your favorite thing a friend's ever done for you? They told me I was special—it meant the world. They held me while I cried over my last breakup. They only had one day off and spent it with me. It made me feel important. They went all out to celebrate my promotion. They planned a big dinner and even bought me a thoughtful gift. 11. On a major anniversary, I'd love to receive: A sappy, handwritten poem. A couple's massage. A weekly cooking class to go to with my partner. I absolutely adore any/all gifts. 12. In your dream relationship, spontaneity looks like: Random sticky notes with sweet messages left all over your house. Hot, surprise hookups at random times in the day. Spontaneous weekend road trips where the only planned activity is bonding with each other. My partner randomly checking things off my to-do list for me.