Love

7. I would rather be with _____ than anybody else.
8. I’d feel bad if I thought _____ liked somebody else better than me.
9. No one else could like _____ as much as I do.
10. I want to know all I can about _____.
11. I’d like _____ to belong to me in every way.
12. I will always like _____.
13. I feel all happy inside when _____ looks at me and I look at _____.
14. I’d like it a lot if _____ played with me all the time.
15. If I could, when I grow up I’d like to marry (live with) _____.
16. _____ is the person who can make me feel the happiest.
17. When _____ hugs me my body feels warm all over.
18. I feel all soft and happy inside about _____.
19. I am always thinking about _____.
20. If I were away from _____ for a long time I would be very lonely.
21. Sometimes I can’t do my school work because I am thinking about _____.
22. I want _____ to know me, what I am thinking, what scares me, what I am wishing for.
23. Knowing that _____ cares about me makes me feel more like I am OK.
24. I look at _____ a lot to see if he/she likes me.
25. If _____ needed help from me, I’d stop what I was doing, even if it was lots of fun and go help him (her).
26. _____ can make me feel bubbly, like coke.
27. When _____ is around I really want to touch him/her and be touched.
28. Living without _____ would be very, very sad.
29. I want to hug _____ very, very tight.
30. When I think _____ might be mad at me, I feel really sad.

Possible answers range from
1 2 3 4 5 6 7 8 9
Agree Very Little Agree Very Much

Passionate Love Scale

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Many classifications and typologies of love exist in the literature, but the most common distinction is between passionate love and companionate love. Hatfield and Walster (1978) described passionate love as “a state of intense longing for union with another. Reciprocated love (union with the other) is associated with fulfillment and ecstasy; unrequited love (separation) is associated with emptiness, anxiety, or despair” (p. 9).

In 1986, Hatfield and Sprecher published the Passionate Love Scale (PLS) for the purpose of promoting more research on this intense type of love. Although a companion scale to measure companionate love was not also developed by this team of researchers, other measures exist in the literature designed to assess this type of love (see, e.g., Grote & Frieze’s [1994] Friendship-Based Love Scale).

Description

The PLS scale was specifically designed to assess the cognitive, emotional, and behavioral components of passionate love. The cognitive components consist of Intrusive thinking; Preoccupation with the partner; Idealization of the other or of the relationship; and Desire to know the other and be known by him/her. Emotional components consist of Attraction to the partner, especially sexual attraction; Positive feelings when things go well; Negative feelings

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when things go awry; Longing for reciprocity—passionate lovers not only love but want to be loved in return; Desire for complete and permanent union; and Physiological (sexual) arousal. Finally, **behavioral components** consist of Actions aimed at determining the other’s feelings; Studying the other person; Service to the other; and Maintaining physical closeness.

The most common form of the PLS is a 15-item scale (Form A), but an alternative 15-item version (Form B) is also available. The two scales can be combined to form a 30-item scale. Although the scale was originally designed using North American young adults in pilot studies, the scale has subsequently been revised to be administered to children and has been translated into many languages and administered to samples in other countries.

**Response Mode and Timing**

Participants are presented with statements such as “I would feel deep despair if ____ left me” and are asked to indicate how true the statement is of them. Possible responses range from 1 = Not at all True to 9 = Definitely True. (The ____ in each statement refers to the partner.) The scale takes only a few minutes to complete, although often it is embedded in a larger questionnaire with other measures.

**Scoring**

The total score of the scale can be represented either by the mean of the scores for the items or by the sum of the ratings. Higher scores indicate greater passionate love. An average score for young adults across the items is approximately 7. Recently, for a popular press article, Hatfield and Sprecher (2004) provided for readers the following rubric to interpret their summed scores across 15 items:

- 106–135 points = Wildly, recklessly, in love
- 86–105 points = Passionate but less intense
- 66–85 points = Occasional bursts of passion
- 45–65 points = Tepid, infrequent passion
- 15–44 points = The thrill is gone

**Reliability**

Hatfield and Sprecher (1986) reported a coefficient alpha of .91 for the 15-item version and .94 for the 30-item version. Others have also reported high levels of reliability for the scale (e.g., Sprecher & Regan, 1998). The PLS appears to be primarily unidimensional, with one primary factor emerging from a principal components factoring.

**Validity**

The scale is uncontaminated by a social desirability bias, as indicated by a nonsignificant correlation between the PLS and their scores on the 1964 Crowne and Marlowe Social Desirability Scale (Hatfield & Sprecher, 1986). There is some evidence for the construct validity of the PLS. For example, it has been found to be associated positively with conceptually similar scales and measures (Aron & Henkemeyer, 1995; Hatfield & Sprecher, 1986; Hendrick & Hendrick, 1989; Sprecher & Regan, 1998).

**Other Information**

Researchers have used the PLS in exploring many different topics, including cross-cultural differences in passionate love (Hatfield, Rapson, & Martel, 2007; Landis & O’Shea, 2000), prototype approaches to love (Fehr, 2005), neural bases of passionate love (Aron et al., 2005; Bartels & Zeki, 2004), changes in passionate love over the family life cycle (Tucker & Aron, 1993), correlates of sexual desire (Beck, Bozman, & Qualtrough, 1991), the effects of an emotionally focused couples therapy (James, 2007), degree of bonding with an abusive partner (Graham et al., 1995), and the effects of having married couples engage in novel activities (Aron, Norman, Aron, McKinna, & Heyman, 2000). The PLS is copyrighted by Hatfield and Sprecher (1986). Permission is given to all clinicians and researchers who wish to use the scale in their research (free of charge).

**References**


Passionate Love Scale

Passionate Love Scale (Form A)

We would like to know how you feel (or once felt) about the person you love, or have loved, most passionately. Some common terms for passionate love are romantic love, infatuation, love sickness, or obsessive love.

Please think of the person whom you love most passionately right now. If you are not in love, please think of the last person you loved. If you have never been in love, think of the person you came closest to caring for in that way.

Try to describe the way you felt when your feelings were most intense. Answers range from (1) Not at all True to (9) Definitely True.

Whom are you thinking of?

- Someone I love right now.
- Someone I once loved.
- I have never been in love.

1. I would feel deep despair if _____ left me.

   1      2      3      4      5      6      7      8      9
   Not at all True                               Definitely True

2. Sometimes I feel I can’t control my thoughts; they are obsessively on _____.

3. I feel happy when I am doing something to make _____ happy.

4. I would rather be with _____ than anyone else.

5. I’d get jealous if I thought _____ were falling in love with someone else.

6. I yearn to know all about _____.

7. I want _____ physically, emotionally, mentally.

8. I have an endless appetite for affection from _____.

9. For me, _____ is the perfect romantic partner.

10. I sense my body responding when _____ touches me.

11. _____ always seems to be on my mind.

12. I want _____ to know me—my thoughts, my fears, and my hopes.

13. I eagerly look for signs indicating _____’s desire for me.

14. I possess a powerful attraction for _____.

15. I get extremely depressed when things don’t go right in my relationship with _____.

Total: _______

Results:

- 106–135 points = Wildly, even recklessly, in love
- 86–105 points = Passionate, but less intense
- 66–85 points = Occasional bursts of passion
- 45–65 points = Tepid, infrequent passion
- 15–44 points = The thrill is gone
Passionate Love Scale (Form B)

We would like to know how you feel (or once felt) about the person you love, or have loved, most passionately. Some common terms for passionate love are romantic love, infatuation, love sickness, or obsessive love.

Please think of the person whom you love most passionately right now. If you are not in love, please think of the last person you loved. If you have never been in love, think of the person you came closest to caring for in that way.

Try to describe the way you felt when your feelings were most intense. Answers range from (1) Not at all True to (9) Definitely True.

Whom are you thinking of?

- Someone I love right now.
- Someone I once loved.
- I have never been in love.

1. Since I’ve been involved with ____, my emotions have been on a roller coaster.
2. Sometimes my body trembles with excitement at the sight of ____.
3. I take delight in studying the movements and angles of ____’s body.
4. No one else could love ____ like I do.
5. I will love ____ forever.
6. I melt when looking deeply into ____’s eyes.
7. ____ is the person who can make me feel happiest.
8. I feel tender toward ____.
9. If I were separated from ____ for a long time, I would feel intensely lonely.
10. I sometimes find it difficult to concentrate on work because thoughts of ____ occupy my mind.
11. Knowing that ____ cares about me makes me feel complete.
12. If ____ were going through a difficult time, I would put away my own concerns to help him/her out.
13. ____ can make me feel effervescent and bubbly.
14. In the presence of ____ , I yearn to touch and be touched.
15. An existence without ____ would be dark and dismal.

Total: _______

Results:
- 106–135 points = Wildly, even recklessly, in love
- 86–105 points = Passionate, but less intense
- 66–85 points = Occasional bursts of passion
- 45–65 points = Tepid, infrequent passion
- 15–44 points = The thrill is gone

*This response scale follows each item.