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Form B

The Passionate Love Scale

Researchers who are conducting research into Passionate Love often need two identical tests of Passionate Love: One for pre-test and one for post-test. Form A is the commonly used Passionate Love Scale. This is Form B, an alternate form, with slightly different but equivalent questions.

Both Forms of the PLS are designed to measure the cognitive, emotional, and behavioral dimensions of love:

I. Cognitive

- a. Intrusive thinking; preoccupation with the thoughts of the partner.
- b. Idealization of the loved one and the relationship
- c. Desire for knowledge: to know and be known by the partner

II. Emotional

- a. Attraction to the other; pleasant feelings for the other when things go well.
- b. Ambivalence or negative feelings (emptiness, anxiety, despair) when things go awry.
- c. Longing for reciprocity
- d. Desire for "complete union," permanency
- e. Physiological (sexual) arousal.

III. Behavioral

- a. Actions aimed at determining the other's feelings
- b. Serving and helping the other.

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	2	3	4	5	6	7	8	9
	Not at all true								Definitely True
Since I've been involved with _____, my emotions have been on a roller coaster.	1	2	3	4	5	6	7	8	9
Sometimes my body trembles with excitement at the sight of _____.	1	2	3	4	5	6	7	8	9
I take delight in studying the movements and angles of _____'s body.	1	2	3	4	5	6	7	8	9
No one else could love _____ like I do.	1	2	3	4	5	6	7	8	9
I will love _____ forever.	1	2	3	4	5	6	7	8	9
I melt when looking deeply into _____'s eyes.	1	2	3	4	5	6	7	8	9
_____ is the person who can make me feel happiest.	1	2	3	4	5	6	7	8	9
I feel tender toward _____.	1	2	3	4	5	6	7	8	9

If I were separated from ____ for a long time, I would feel intensely lonely. 1 2 3 4 5 6 7 8 9

I sometimes find it difficult to concentrate on work because thoughts of ____ occupy my mind. 1 2 3 4 5 6 7 8 9

Knowing that ____ cares about me makes me feel complete. 1 2 3 4 5 6 7 8 9

If ____ were going through a difficult time, I would put away my own concerns to help him/her out. 1 2 3 4 5 6 7 8 9

____ can make me feel effervescent and bubbly. 1 2 3 4 5 6 7 8 9

In the presence of ____, I yearn to touch and be touched. 1 2 3 4 5 6 7 8 9

An existence without ____ would be dark and dismal. 1 2 3 4 5 6 7 8 9

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.

For information on the reliability and validity of the Passionate love scale, see:

Hatfield, E. & Sprecher, S. (1986). Measuring passionate love in intimate relations. *Journal of Adolescence*, 9, 383-410.

Hendrick, C., & Hendrick, S. S. (1989). Research on love: Does it measure up? *Journal of Personality and Social Psychology*, 56, 784-794.

Fehr, B. (1988). Prototype analysis of the concepts of love and commitment. *Journal of Personality and Social Psychology*, 55, 557-579.

Fehr, B., & Russell, J. A. (1991). Concept of love viewed from a prototype perspective. *Journal of Personality and Social Psychology*, 60, 425-438.