

Passionate Love Scale

Name: _____ Date: _____

Instructions: For each statement below, fill in the name of your partner in the blank space and rate how true each statement is for you on a scale from 1 to 9, where 1 means "not at all true" and 9 means "definitely true."

1. Since I've been involved with _____, my emotions have been on a roller coaster.

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

2. I would feel deep despair if _____ left me.*

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

3. Sometimes my body trembles with excitement at the sight of _____.

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

4. I take delight in studying the movements and angles of _____'s body.

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

5. Sometimes I feel I can't control my thoughts; they are obsessively on _____.*

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

6. I feel happy when I am doing something to make _____ happy.*

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

7. I would rather be with _____ than anyone else.*

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

8. I'd get jealous if I thought _____ were falling in love with someone else.*

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

9. No one else could love _____ like I do.

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

10. I yearn to know all about _____.*

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

11. I want _____—physically, emotionally, mentally.*

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

12. I will love _____ forever.

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

13. I melt when looking deeply into _____'s eyes.

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

14. I have an endless appetite for affection from _____.*

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

15. For me, _____ is the perfect romantic partner.*

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

16. _____ is the person who can make me feel the happiest.

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

17. I sense my body responding when _____ touches me.*

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

18. I feel tender toward _____.

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

19. _____ always seems to be on my mind.*

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

20. If I were separated from _____ for a long time, I would feel intensely lonely.

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

21. I sometimes find it difficult to concentrate on work because thoughts of _____ occupy my mind.

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

22. I want _____ to know me – my thoughts, my fears, and my hopes.*

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

23. Knowing that _____ cares about me makes me feel complete.

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

24. I eagerly look for signs indicating _____'s desire for me.*

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

25. If _____ were going through a difficult time, I would put away my own concerns to help him/her out.

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

26. _____ can make me feel effervescent and bubbly.

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

27. In the presence of _____, I yearn to touch and be touched.

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

28. An existence without _____ would be dark and dismal.

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

29. I possess a powerful attraction for _____.

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

30. I get extremely depressed when things don't go right in my relationship with _____. *

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

Total score: _____

Note: Items 2, 5, 6, 7, 8, 10, 11, 14, 15, 17, 19, 22, 24, 29, 30 make up the shortened version.

Scoring

The total score of the scale can be represented by either the mean of the scores for the items or by the sum of the ratings. Higher scores indicate greater passionate love.

Scoring is either kept continuous or broken into the following classifications (for the 15 item shortened version):

- **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.

Reference

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