



WELLNESS WORKSHEET 32

Sternberg's Triangular Love Scale

Read each of the following statements, filling in the blank spaces with the name of one person you love or care for deeply. Rate your agreement with each statement according to the following scale, and enter the appropriate number between 1 and 9.

1	2	3	4	5	6	7	8	9
Not at all				Moderately				Extremely

- _____ 1. I am actively supportive of _____'s well-being.
- _____ 2. I have a warm relationship with _____.
- _____ 3. I am able to count on _____ in times of need.
- _____ 4. _____ is able to count on me in times of need.
- _____ 5. I am willing to share myself and my possessions with _____.
- _____ 6. I receive considerable emotional support from _____.
- _____ 7. I give considerable emotional support to _____.
- _____ 8. I communicate well with _____.
- _____ 9. I value _____ greatly in my life.
- _____ 10. I feel close to _____.
- _____ 11. I have a comfortable relationship with _____.
- _____ 12. I feel that I really understand _____.
- _____ 13. I feel that _____ really understands me.
- _____ 14. I feel that I can really trust _____.
- _____ 15. I share deeply personal information about myself with _____.
- _____ 16. Just seeing _____ excites me.
- _____ 17. I find myself thinking about _____ frequently during the day.
- _____ 18. My relationship with _____ is very romantic.
- _____ 19. I find _____ to be very personally attractive.
- _____ 20. I idealize _____.
- _____ 21. I cannot imagine another person making me as happy as _____ does.
- _____ 22. I would rather be with _____ than with anyone else.
- _____ 23. There is nothing more important to me than my relationship with _____.
- _____ 24. I especially like physical contact with _____.
- _____ 25. There is something almost "magical" about my relationship with _____.
- _____ 26. I adore _____.

(over)

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- _____ 27. I cannot imagine life without _____.
- _____ 28. My relationship with _____ is passionate.
- _____ 29. When I see romantic movies and read romantic books, I think of _____.
- _____ 30. I fantasize about _____.
- _____ 31. I know that I care about _____.
- _____ 32. I am committed to maintaining my relationship with _____.
- _____ 33. Because of my commitment to _____, I would not let other people come between us.
- _____ 34. I have confidence in the stability of my relationship with _____.
- _____ 35. I could not let anything get in the way of my commitment to _____.
- _____ 36. I expect my love for _____ to last for the rest of my life.
- _____ 37. I will always feel a strong responsibility for _____.
- _____ 38. I view my commitment to _____ as a solid one.
- _____ 39. I cannot imagine ending my relationship with _____.
- _____ 40. I am certain of my love for _____.
- _____ 41. I view my relationship with _____ as permanent.
- _____ 42. I view my relationship with _____ as a good decision.
- _____ 43. I feel a sense of responsibility toward _____.
- _____ 44. I plan to continue my relationship with _____.
- _____ 45. Even when _____ is hard to deal with, I remain committed to our relationship.

Scoring

Psychologist Robert Sternberg sees love as being composed of three components: intimacy, passion, and commitment. The first 15 items in the scale reflect intimacy, the second 15 measure passion, and the final 15 reflect commitment. Add up your scores for each group of 15 items. Find the scores closest to your three totals in the appropriate column below to determine the degree to which you experience each of these three components of love.

Intimacy (Items 1–15)	Passion (Items 16–30)	Commitment (Items 31–45)	
93	73	85	Significantly below average
102	85	96	Somewhat below average
111	98	108	Average
120	110	120	Somewhat above average
129	123	131	Significantly above average

According to Sternberg, high scores in all three components would indicate consummate love. However, uneven or low scores do not necessarily mean that a relationship is not strong: All relationships have ups and downs, and the nature of a relationship may change over time.