

Passionate Love Scale

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.

	Not at all true	1	2	3	4	5	6	7	8	9	Definitely true
I would feel deep despair if _____ left me.	1	2	3	4	5	6	7	8	9		
Sometimes I feel I can't control my thoughts; they are obsessively on _____.	1	2	3	4	5	6	7	8	9		
I feel happy when I am doing something to make _____ happy.	1	2	3	4	5	6	7	8	9		
I would rather be with _____ than anyone else.	1	2	3	4	5	6	7	8	9		
I'd get jealous if I thought _____ was falling in love with someone else.	1	2	3	4	5	6	7	8	9		
I yearn to know all about _____.	1	2	3	4	5	6	7	8	9		
I have an endless appetite for affection from _____.	1	2	3	4	5	6	7	8	9		
For me, _____ is the perfect romantic partner.	1	2	3	4	5	6	7	8	9		
I sense my body responding when _____ touches me.	1	2	3	4	5	6	7	8	9		
_____ always seems to be on my mind.	1	2	3	4	5	6	7	8	9		
I want _____ to know me—my thoughts, my fears, and my hopes.	1	2	3	4	5	6	7	8	9		
I eagerly look for signs indicating _____'s desire for me.	1	2	3	4	5	6	7	8	9		
I possess a powerful attraction for _____.	1	2	3	4	5	6	7	8	9		
I get extremely depressed when things don't go right in my relationship with _____.	1	2	3	4	5	6	7	8	9		

Total _____

Scoring the Passionate Love Scale

The scoring system is really simple: You simply add up the numbers the students have circled. In *Love, Sex, and Intimacy*, I had students do it themselves. I said:

Are you in love with someone right now? Have you *ever* been in love? How intense are your feelings compared to those of other lovers? To find out, circle the numbers on items 1-15 in the *Passionate Love Scale* to indicate your feelings for the one you love the most. Now, add up the numbers you circled. The total is your *Passionate Love Scale* score. How does it compare to the *PLS* scores of other lovers? Check the following chart to find out.

Passionate Love Scale Scores

Extremely passionate = 106-135 points

Passionate = 86-105 points

Average = 66-85 points

Cool = 45-65 points

Extremely cool = 15-44 points

The Meaning of Various PLS Scores:

Extremely passionate = 106-135 points

When men and women are wildly in love, they can't stop thinking about the other, their hearts pound, their pulses race, and they find it impossible to keep away from the objects of their desire—even when pursuit is dangerous or foolish.

Passionate = 86-105 points

People often feel this way, but not with such unrelenting intensity.

Average = 66-85 points

On occasion, people experience such bursts of passionate feeling.

Cool = 45-65 points

People feel only tepid passion and then only infrequently.

Extremely cool = 15-44 points

People don't have these feelings.

Time Magazine described the categories this way:

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.

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.