

# Love Scale Assessment

Applicant's Name:

Date:

Assessor's Name:

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**Instructions:** Please read each statement and indicate how much you agree or disagree with it by circling a number on the scale from 1 (Strongly Disagree) to 5 (Strongly Agree).

## Part 1: Passionate Love

1. I would feel deep despair if my partner left me.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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2. Sometimes, I feel I can't control my thoughts; they are obsessively on my partner.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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3. I feel happy when I am doing something to make my partner happy.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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4. I would rather be with my partner than anyone else.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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5. I'd get jealous if I thought my partner was falling in love with someone else.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Part 2: Companionate Love

1. I feel a strong sense of responsibility for my partner.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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2. I would greatly enjoy being confided in by my partner.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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3. It makes me feel good to see my partner happy.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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4. I would be willing to sacrifice my own wishes to let my partner achieve his/hers.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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5. It's easy for me to get emotionally close to my partner.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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## Part 3: Love Styles (according to Hendricks' Scale)

1. Eros: Our love feels like the perfect romantic love story.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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2. Ludus: Our love feels playful and fun, like a game.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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3. Storge: Our love feels like a deep friendship that evolved slowly over time.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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4. Pragma: Our love is logical and practical, not necessarily based on intense passion.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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5. Mania: Our love can be intense and tumultuous, filled with highs and lows.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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6. Agape: Our love is selfless and unconditional, I'll love my partner no matter what.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
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### Scoring:

For each part, add up your scores. The higher your total score for each section, the more you exhibit that type of love or love style.

**Part 1:**

**Part 2:**

**Part 3:**

**Assessor's Final Comments/Notes:**

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Remember, a Love Scale is a tool that can help give you insights, but it's not definitive or all-encompassing. Everyone experiences love differently, and that's okay!