# **Love Scale Assessment**

**Applicant's Name:** 

Date:

Assessor's Name:

**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.

□ <b>1</b>	<b>□</b> 2	□ 3	□ 4	<b>□</b> 5
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2. Sometimes, I feel I can't control my thoughts; they are obsessively on my partner.

□ 1	□ 2	□ 3	□ 4	□ 5
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3. I feel happy when I am doing something to make my partner happy.

□ <b>1</b>	<b>2</b>	<b>□</b> 3	<b>4</b>	<b>□</b> 5	
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4. I would rather be with my partner than anyone else.

□ 1	□ 2	□ 3	<b>4</b>	□ 5	
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5. I'd get jealous if I thought my partner was falling in love with someone else.

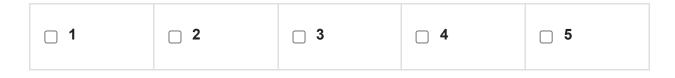
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## Part 2: Companionate Love

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



2. I would greatly enjoy being confided in by my partner.



3. It makes me feel good to see my partner happy.

□ <b>1</b>	□ 2	□ 3	□ 4	<b>□</b> 5
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4. I would be willing to sacrifice my own wishes to let my partner achieve his/hers.

□ 1	<b>2</b>	□ 3	□ 4	□ 5
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5. It's easy for me to get emotionally close to my partner.



### Part 3: Love Styles (according to Hendricks' Scale)

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

□ 1	□ 2	□ 3	□ 4	<b>□</b> 5
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2. Ludus: Our love feels playful and fun, like a game.

□ 1	2	□ 3	<b>4</b>	<b>□</b> 5
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3. Storge: Our love feels like a deep friendship that evolved slowly over time.



4. Pragma: Our love is logical and practical, not necessarily based on intense passion.

□ 1	<b>□ 2</b>	3	□ 4	<b>□</b> 5
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5. Mania: Our love can be intense and tumultuous, filled with highs and lows.

□ 1	<b>□</b> 2	□ 3	□ 4	□ 5
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6. Agape: Our love is selfless and unconditional, I'll love my partner no matter what.

□ 1	<b>□ 2</b>	□ 3	□ 4	<b>□</b> 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:

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

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