Love Attitudes Scale

Directions: Listed below are several statements that reflect different attitudes about love. For each statement fill in the blank using the response that indicates how much you agree or disagree with that statement. The items refer to a specific love relationship. Whenever possible, answer the questions with your current partner in mind. If you are not currently dating anyone, answer the questions with your most recent partner in mind. If you have never been in love, answer in terms of what you think your responses would most likely be. There is no right or wrong answers— we each carry traits from the different styles of love.

For each question score the following:

(1) Strongly Agree, (2) Moderately Agree, (3) Neutral— neither Agree or Disagree, (4) Moderately Disagree, and (5) Strongly Disagree

Love Style Eros: __________________________

____ My lover and I were attracted to each other immediately after we first met.
____ My lover and I have the right physical chemistry between us.
____ Our lovemaking is intense and satisfying.
____ I feel that my partner and I were meant for each other.
____ My lover and I became emotionally involved rather quickly.
____ My lover and I really understand each other.
____ My lover fits my ideal standards for physical beauty/ handsomeness.

Love Style Ludus: __________________________

____ I try to keep my lover a little uncertain about my commitment to him/her.
____ I believe that what my lover doesn't know about me won't hurt him/her.
____ I have sometimes had to keep two of my lovers from finding out about each other.
____ I can get over love affairs pretty easily and quickly.
____ My lover would get upset if he/she knew some of things I've done with others.
____ When my lover gets too dependent on me, I want to back off a little.
____ I enjoy playing the game of love with a number of different partners.
Love Style Storge:_____________________

____ I did not realize that I was in love until I actually had been for some time. (It is hard to say exactly where friendship ends and love begins.)

____ I cannot love unless I first had caring for a while. (Genuine love first requires caring for a while).

____ I still have good friendships with almost everyone with whom I have ever been involved in a love relationship. (I expect to always be friends with the one I love.)

____ The best kind of love grows out of a long friendship.

____ It is hard to say exactly when my lover and I fell in love. (Our friendship merged gradually into love over time.)

____ Love is really a deep friendship, not a mysterious, mystical emotion.

____ My most satisfying love relationships have developed from good friendships.

Love Style Pragma:_____________________

____ I considered what a person is going to become in life before I committed myself to him/her.

____ I tried to plan my life carefully before choosing a lover.

____ It is best to love someone with a similar background.

____ A main consideration in choosing a lover was is he/she would reflect on my family.

____ An important factor in choosing a partner was whether or not he/she would be a good parent.

____ One consideration in choosing my partner was how he/she would reflect on my career.

____ Before getting very involved with my partner, I tried to figure out how compatible his/her hereditary background would be with mine in case we ever had children.

Love Style Mania:_____________________

____ When things are not right with my lover and me, my stomach gets upset.

____ If my lover and I broke up, I would get so depressed that I would even think of suicide.

____ Sometimes I get so excited about being in love with my partner that I cannot sleep.

____ When my lover does not pay attention to me, I feel sick all over.

____ Since I have been in love with my partner, I have had trouble concentrating on anything else.

____ I cannot relax if I suspect that my lover is with someone else.

____ If my lover ignores me for a while, I sometimes do stupid things to try to get his/her attention back.
Love Style Agape:____________________

___ I try to always help my lover though difficult times.

___ I would rather suffer myself than let my lover suffer.

___ I cannot be happy unless I place my lover's happiness before my own.

___ I am usually willing to sacrifice my own wishes to let my lover achieve his/hers.

___ Whatever I own is my lovers to use as he/she chooses.

___ When my lover gets angry with me, I still love him/ her fully and unconditionally.

___ I would endure all things for the sake of my lover.

In order to find out your love attitude, add up all the numbers under each category. Your most dominant love style is the category with the lowest total number.