

### Sternberg's Triangular Model of Love

Think of a relationship you have or have had (or want to have). Indicate your response to the following statements by circling the appropriate number using the scale:

1 = Not at all; 5 = Moderately; 9 = Extremely

- |                   |                                                                                  |
|-------------------|----------------------------------------------------------------------------------|
| 1 2 3 4 5 6 7 8 9 | 1. I am actively supportive of my partner's well being.                          |
| 1 2 3 4 5 6 7 8 9 | 2. I have a warm relationship with my partner.                                   |
| 1 2 3 4 5 6 7 8 9 | 3. I am able to count on my partner in times of need.                            |
| 1 2 3 4 5 6 7 8 9 | 4. My partner is able to count on me in times of need.                           |
| 1 2 3 4 5 6 7 8 9 | 5. I'm willing to share myself and my possessions with my partner.               |
| 1 2 3 4 5 6 7 8 9 | 6. I receive considerable emotional support to my partner.                       |
| 1 2 3 4 5 6 7 8 9 | 7. I give considerable emotional support to my partner.                          |
| 1 2 3 4 5 6 7 8 9 | 8. I communicate well with my partner.                                           |
| 1 2 3 4 5 6 7 8 9 | 9. I value my partner greatly in my life.                                        |
| 1 2 3 4 5 6 7 8 9 | 10. I feel close to my partner.                                                  |
| 1 2 3 4 5 6 7 8 9 | 11. I have a comfortable relationship with my partner.                           |
| 1 2 3 4 5 6 7 8 9 | 12. I feel I really understand my partner.                                       |
| 1 2 3 4 5 6 7 8 9 | 13. I feel that my partner really understands me.                                |
| 1 2 3 4 5 6 7 8 9 | 14. I feel that I can really trust my partner.                                   |
| 1 2 3 4 5 6 7 8 9 | 15. I share deeply personal information about myself with my partner.            |
| 1 2 3 4 5 6 7 8 9 | 16. Just seeing my partner excites me.                                           |
| 1 2 3 4 5 6 7 8 9 | 17. I find myself thinking about my partner frequently during the day.           |
| 1 2 3 4 5 6 7 8 9 | 18. My relationship with my partner is very romantic.                            |
| 1 2 3 4 5 6 7 8 9 | 19. I find my partner to be very personally attractive.                          |
| 1 2 3 4 5 6 7 8 9 | 20. I idealize my partner.                                                       |
| 1 2 3 4 5 6 7 8 9 | 21. I cannot imagine another person making me as happy as my partner does.       |
| 1 2 3 4 5 6 7 8 9 | 22. I would rather be with my partner than anyone else.                          |
| 1 2 3 4 5 6 7 8 9 | 23. There is nothing more important to me than my relationships with my partner. |
| 1 2 3 4 5 6 7 8 9 | 24. I especially like physical contact with my partner.                          |
| 1 2 3 4 5 6 7 8 9 | 25. There is something almost magical about my relationship with my partner.     |
| 1 2 3 4 5 6 7 8 9 | 26. I adore my partner.                                                          |
| 1 2 3 4 5 6 7 8 9 | 27. I cannot imagine life without my partner.                                    |
| 1 2 3 4 5 6 7 8 9 | 28. My relationship with my partner is passionate.                               |

- 1 2 3 4 5 6 7 8 9 29. When I see romantic movies and read romantic books, I think of my partner.
- 1 2 3 4 5 6 7 8 9 30. I fantasize about my partner.
- 1 2 3 4 5 6 7 8 9 31. I know that I care about my partner.
- 1 2 3 4 5 6 7 8 9 32. I am committed to maintaining my relationship with my partner.
- 1 2 3 4 5 6 7 8 9 33. Because of my commitment to my partner, I would not let other people come between us.
- 1 2 3 4 5 6 7 8 9 34. I have confidence in the stability of my relationship with my partner.
- 1 2 3 4 5 6 7 8 9 35. I could not let anything get in the way of my commitment to my partner.
- 1 2 3 4 5 6 7 8 9 36. I expect my love for my partner to last for the rest of my life.
- 1 2 3 4 5 6 7 8 9 37. I will always feel a strong responsibility for my partner.
- 1 2 3 4 5 6 7 8 9 38. I view my commitment to my partner as a solid one.
- 1 2 3 4 5 6 7 8 9 39. I cannot imagine ending my relationship with my partner.
- 1 2 3 4 5 6 7 8 9 40. I am certain of my love for my partner.
- 1 2 3 4 5 6 7 8 9 41. I view my relationship with my partner as permanent.
- 1 2 3 4 5 6 7 8 9 42. I view my relationship with my partner as a good decision.
- 1 2 3 4 5 6 7 8 9 43. I feel a sense of responsibility toward my partner.
- 1 2 3 4 5 6 7 8 9 44. I plan to continue my relationship with my partner.
- 1 2 3 4 5 6 7 8 9 45. Even when my partner is hard to deal with, I remain committed to our relationship.

Scoring: Add up the responses to the questions in each section; divide by 15 (to obtain the average).

Intimacy	Questions 1-15 = _____	÷ 15 = _____	Intimacy average rating
Passion	Questions 16-30 = _____	÷ 15 = _____	Passion average rating
Commitment	Questions 31-45 = _____	÷ 15 = _____	Commitment average rating

An average rating of 5 on a particular subscale indicates a moderate level of the component represented by the subscale; for example, an average rating of 5 on the intimacy subscale indicates a moderate amount of intimacy in the relationship you chose to measure. Following this example further, a higher average rating would indicate a higher level of intimacy, and a lower average rating would indicate a lesser amount of intimacy. Examining your ratings for each of the three subscales will give you an idea of how you perceive your love relationship to be composed of various amounts of intimacy, passion, and decision/ commitment.