

SUPPLEMENT #14

THE LOVE SCALE QUESTIONNAIRE

No psychological test or sociological study can presume to offer a definitive verdict about any aspect of human nature, especially one as obtuse as love. So the individual score recorded on the Love Scale is not to be taken as an infallible result, but rather, as highly indicative of one's main attitudes and preferences.

For the following questions mark a "T" for True beside the statements which are true for you in your life. If you are doubtful, do not mark it:

1. I believe that "love at first sight" is possible.
2. I did not realize that I was in love until I actually had been for some time.
3. When things aren't going right for us, my stomach gets upset.
4. From a practical point of view, I must consider what a person is going to become in life before I commit myself to loving him/her.
5. You cannot have love unless you have first had caring for a while.
6. It's always a good idea to keep your lover a little uncertain about how committed you are to him/her.
7. The first time we kissed or rubbed cheeks, I felt a definite genital response.
8. I still have good friendships with almost everyone with whom I have ever been involved in a love relationship.
9. It makes good sense to plan your life carefully before you choose a lover.
10. When my love affairs break up I get so depressed that I have even thought of suicide.
11. Sometimes I get so excited about being in love that I can't sleep.
12. I try to use my own strength to help my lover through difficult times, even when he/she is behaving foolishly.
13. I would rather suffer myself than let my lover suffer.
14. Part of the fun of being in love is testing one's skill at keeping it going and getting what one wants from it at the same time.
15. As far as my lover goes, what he/she doesn't know about me won't hurt him/her.
16. It is best to love someone with a similar background.
17. We kissed each other soon after we met because we both wanted to.
18. When my lover doesn't pay attention to me I feel sick all over.
19. I cannot be happy unless I place my lover's happiness before my own.
20. Usually the first thing that attracts my attention to a person is his/her pleasing physical appearance.
21. The best kind of love grows out of a long friendship.
22. When I am in love I have trouble concentrating on anything else.
23. At the first touch of his/her hand I knew that love was a real possibility.
24. When I break up with someone I go out of my way to see that he/she is okay.
25. I cannot relax if I suspect that he/she is with someone else.
26. I have at least once had to plan carefully to keep two of my lovers from finding out about each other.
27. I can get over love affairs pretty easily and quickly.
28. A main consideration in choosing a lover is how he/she reflects on my family.
29. The best part of love is living together, building a home together, and rearing children together.
30. I am usually willing to sacrifice my own wishes to let my lover achieve his/hers.
31. A main consideration in choosing a partner is whether or not he/she will be a good parent.
32. Kissing, cuddling, and sex shouldn't be rushed. They will happen naturally when one's intimacy has grown enough.
33. I enjoy flirting with attractive people.
34. My lover would get upset if he/she knew some of the things I've done with other people.
35. Before I ever fell in love I had a pretty clear physical picture of what my true love would be like.
36. If my lover had a baby by someone else I would want to raise it, love it, and care for it as if it were my own.
37. It is hard to say exactly when we fell in love.
38. I couldn't truly love anyone I would not be willing to marry.
39. Even though I don't want to be jealous I can't help it when my lover pays attention to someone else.
40. I would rather break up with my lover than to stand in his/her way.
41. I like the idea of having the same kinds of clothes, hats, plants, bicycles, cars, etc., as my lover does.
42. I wouldn't date anyone that I wouldn't want to fall in love with.
43. At least once when I thought a love affair was all over, I saw him/her again and the old feelings came surging back.
44. Whatever I own is my lover's to use as he/she chooses.
45. If my lover ignores me for a while I sometimes do really stupid things to try to get his/her attention back.
46. It would be fun to see whether I can get someone to go out with me even if I didn't want to get involved with that person.
47. A main consideration in choosing a partner is how he/she will reflect on one's career.
48. When my lover doesn't see me or call for a while, I assume he/she has a good reason.
49. Before getting very involved with anyone I try to figure out how compatible his/her hereditary background is with mine in case we ever have children.
50. The best love relationships are the ones that last the longest.

SCORING YOUR LOVE SCALE ANSWERS

The table below shows a heading for each style of love. Circle the question numbers to which you answered "True". Add the number of circles in each column.

<u>Best Friends</u>	<u>Unselfish</u>	<u>Logical</u>	<u>Game Playing</u>	<u>Romantic</u>	<u>Possessive</u>
2	12	4	3	1	6
5	13	9	10	7	14
8	19	16	11	17	15
21	24	28	18	20	26
29	30	31	22	23	27
32	36	38	25	35	33
37	40	42	39	41	34
50	44	47	43	46	
	48	49	45		

Your test profile will probably show some "true" answers in all the classifications but with peak scores in two or three of them. For example, you may have answered "true" to four questions of the eight in the Best Friends category and to six questions of the nine in the Logical one. We could then reasonably assume that you are a person who is quite practical in terms of whom you can love and how you love them, but that you also want to make the person you love your closest friend.

Here is another illustration. Say you have answered "true" to four questions of the nine in the Unselfish category and to four of the seven in the Romantic group. It is reasonable to interpret this to mean that you feel a strong physical attraction to a partner at the outset of a relationship; and that you believe that if your love is a true one it will overcome every obstacle, even to the point of giving each other up if that will make you both happier.

Some of you may have scored high (70% or more "true" answers) in several or even all of the categories. This does not necessarily mean your definitions of love are confused. It is more apt to be a measure of your tendency to agree with a statement even though for you it may be only partially or occasionally true. On the other hand, some of you may have a moderate to low score (50% or fewer "true" answers on all of the six scales). This does not mean that you are not a loving person or that your ideas about the meaning of love are hopelessly muddled. What it does mean, most likely, is that you are inclined to be analytical and cautious about your emotional responses and behavior, as well as about deciding how to answer questionnaires such as this one. Thus, if there is any doubt at all in your mind about a statement or your reaction to it, you have probably answered "false". Nevertheless, low scores are just as important a measure of your attitude as high scores are. If you have both some low and some high scores, the low scores can be equally revealing since they tend to reflect what you do not believe love to be.

From Styles of Loving, by Marcia Lasswell & Norman M. Lobsenz, pp. 62-66.