

Name: _____

Date: _____

Sternberg's Love Scale – Brief Version

To complete the following scale, rate your agreement with each of the items thinking of one person you love or care about deeply.

Use a nine-point scale in which 1 = "not at all," 5 = "moderately," and 9 = "extremely." Use points in between to indicate these values.

You do not have to put your partner's name into any of the blanks.

	Not at all			Moderately			Extremely		
1. I find _____ to be very personally attractive.	1	2	3	4	5	6	7	8	9
2. I have confidence in the stability of my relationship with _____.	1	2	3	4	5	6	7	8	9
3. I receive considerable emotional support from _____.	1	2	3	4	5	6	7	8	9
4. I expect my love for _____ to last for the rest of my life.	1	2	3	4	5	6	7	8	9
5. I communicate well with _____.	1	2	3	4	5	6	7	8	9
6. I especially like physical contact with _____.	1	2	3	4	5	6	7	8	9
7. I cannot imagine ending my relationship with _____.	1	2	3	4	5	6	7	8	9
8. I am certain of my love for _____.	1	2	3	4	5	6	7	8	9
9. I adore _____.	1	2	3	4	5	6	7	8	9
10. I feel that I really understand _____.	1	2	3	4	5	6	7	8	9
11. I view my relationship with _____ as a good decision.	1	2	3	4	5	6	7	8	9
12. I feel that _____ really understands me.	1	2	3	4	5	6	7	8	9
13. My relationship with _____ is passionate.	1	2	3	4	5	6	7	8	9
14. When I see romantic movies and read romantic books I think of _____.	1	2	3	4	5	6	7	8	9
15. I share deeply personal information about myself with _____.	1	2	3	4	5	6	7	8	9