

The Passionate Love Scale

There is love, and then there is passionate, or obsessive, love. To determine which of these two were experienced by her subjects, Fisher gave them a test devised by psychologist Elaine Hatfield of the University of Hawaii and sociologist Susan Sprecher of Illinois State University. To take it yourself, think of the person you love most passionately right now. If you are not in love, think of the last person you loved. If you have never been in love, think of the person you came closest to caring for in that way. Try to describe the way you felt when your feelings were most intense.

Answers range from:

1	2	3	4	5	6	7	8	9
Not at all true			Moderately true			Definitely true		

1. I would feel deep despair if _____ left me. 1 2 3 4 5 6 7 8 9
2. Sometimes I feel I can't control my thoughts; they are obsessively about _____. 1 2 3 4 5 6 7 8 9
3. I feel happy when I am doing something to make _____ happy. 1 2 3 4 5 6 7 8 9
4. I would rather be with _____ than anyone else. 1 2 3 4 5 6 7 8 9
5. I'd get jealous if I thought _____ were falling in love with someone else. 1 2 3 4 5 6 7 8 9
6. I yearn to know all about _____. 1 2 3 4 5 6 7 8 9
7. I want _____ physically, emotionally and mentally. 1 2 3 4 5 6 7 8 9
8. I have an endless appetite for affection from _____. 1 2 3 4 5 6 7 8 9
9. For me, _____ is the perfect romantic partner. 1 2 3 4 5 6 7 8 9
10. I sense my body responding when _____ touches me. 1 2 3 4 5 6 7 8 9
11. _____ always seems to be on my mind. 1 2 3 4 5 6 7 8 9
12. I want _____ to know me—my thoughts, my fears and my hopes. 1 2 3 4 5 6 7 8 9
13. I eagerly look for signs indicating _____'s desire for me. 1 2 3 4 5 6 7 8 9
14. I possess a powerful attraction for _____. 1 2 3 4 5 6 7 8 9
15. I get extremely depressed when things don't go right in my relationship with _____. 1 2 3 4 5 6 7 8 9

Total score _____

Results: ● 106-135 points = Wildly, even recklessly, in love ● 86-105 points = Passionate, but less intense ● 66-85 points = Occasional bursts of passion ● 45-65 points = Tepid, infrequent passion ● 15-44 points = No thrill, never was