

The Thermometer of Love

You can't precisely measure love, but you can't deny that it comes in different temperatures: cool, hot and scalding. Three decades ago, psychologist Elaine Hatfield and sociologist Susan Sprecher devised the Passionate Love Scale, which remains in wide use today. Think of the person you love passionately now or someone you felt that way about in the past. Base your answer on when your feelings were most intense.

For each of the 15 sentences below, choose a number from 1 (not at all true) to 9 (definitely true) that most accurately describes your feelings toward the person you love. Indicate your answer by circling the number in the corresponding row.

	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, 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, fears and 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

ADD UP YOUR TOTAL

Your score can range from a minimum of 15 to a maximum of 135. The higher your score, the more your feelings reflect passionate love; the items for which you picked a particularly high number indicate the components of passionate love you experience most