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## The Passionate Love Scale

Elaine Hatfield and Susan Sprecher

University of Hawai'i and Illinois State University

### Passionate Love Scale (Version A)

We would like to know how you feel (or once felt) about the person you love, or have loved, most *passionately*. Some common terms for passionate love are romantic love, infatuation, love sickness, or obsessive love.

Please think of the person whom you love most passionately *right now*. If you are not in love, please 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) **Not at all true** to (9) **Definitely true**.

Whom are you thinking of?

- Someone I love *right now*.
- Someone I *once* loved.
- I have never been in love.

Not  
True

Definitely  
True

I would feel deep despair if \_\_\_\_\_ left me.

1 2 3 4 5 6 7 8 9

Sometimes I feel I can't control my thoughts; they are obsessively on \_\_\_\_\_.

1 2 3 4 5 6 7 8 9

I feel happy when I am doing something to make \_\_\_\_\_ happy.

1 2 3 4 5 6 7 8 9

I would rather be with \_\_\_\_\_ than anyone else. 1 2 3 4 5 6 7 8 9

I'd get jealous if I thought \_\_\_\_\_  
were falling in love with someone else. 1 2 3 4 5 6 7 8 9

I yearn to know all about \_\_\_\_\_. 1 2 3 4 5 6 7 8 9

I want \_\_\_\_\_ physically, emotionally, mentally. . 1 2 3 4 5 6 7 8 9

I have an endless appetite for affection from \_\_\_\_\_. 1 2 3 4 5 6 7 8 9

For me, \_\_\_\_\_ is the perfect romantic partner. . 1 2 3 4 5 6 7 8 9

I sense my body responding  
when \_\_\_\_\_ touches me. . 1 2 3 4 5 6 7 8 9

\_\_\_\_\_ always seems to be on my mind. . 1 2 3 4 5 6 7 8 9

I want \_\_\_\_\_ to know me--my thoughts,  
my fears, and my hopes. . 1 2 3 4 5 6 7 8 9

I eagerly look for signs indicating \_\_\_\_\_'s desire  
for me. . 1 2 3 4 5 6 7 8 9

I possess a powerful attraction for \_\_\_\_\_. . 1 2 3 4 5 6 7 8 9

I get extremely depressed when things don't go right  
in my relationship with \_\_\_\_\_. 1 2 3 4 5 6 7 8 9

**Total:** \_\_\_\_\_

**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 = The thrill is gone.

## The Passionate Love Scale (Form B)

We would like to know how you feel (or once felt) about the person you love, or have loved, most *passionately*. Some common terms for passionate love are romantic love, infatuation, love sickness, or obsessive love.

Please think of the person whom you love most passionately *right now*. If you are not in love, please 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) **Not at all true** to (9) **Definitely true**.

Whom are you thinking of?

- Someone I love *right now*.
- Someone I *once* loved.
- I have never been in love.

	Not True	Definitely True							
Since I've been involved with _____, my emotions have been on a roller coaster.	1	2	3	4	5	6	7	8	9
Sometimes my body trembles with excitement at the sight of _____.	1	2	3	4	5	6	7	8	9
I take delight in studying the movements and angles of _____'s body.	1	2	3	4	5	6	7	8	9
No one else could love _____ like I do.	1	2	3	4	5	6	7	8	9
I will love _____ forever.	1	2	3	4	5	6	7	8	9
I melt when looking deeply into _____'s eyes.	1	2	3	4	5	6	7	8	9
_____ is the person who can make me feel happiest.	1	2	3	4	5	6	7	8	9
I feel tender toward _____.	1	2	3	4	5	6	7	8	9

If I were separated from \_\_\_\_\_ for a long time,  
I would feel intensely lonely.

1 2 3 4 5 6 7 8 9

I sometimes find it difficult to concentrate on  
work because thoughts of \_\_\_\_\_ occupy my mind.

1 2 3 4 5 6 7 8 9

Knowing that \_\_\_\_\_ cares about me makes me  
feel complete.

1 2 3 4 5 6 7 8 9

If \_\_\_\_\_ were going through a difficult time, I  
would put away my own concerns to help him/her  
out.

1 2 3 4 5 6 7 8 9

\_\_\_\_\_ can make me feel effervescent and  
bubbly.

1 2 3 4 5 6 7 8 9

In the presence of \_\_\_\_\_, I yearn to touch  
and be touched.

1 2 3 4 5 6 7 8 9

An existence without \_\_\_\_\_ would be dark  
and dismal.

1 2 3 4 5 6 7 8 9

**Total:** \_\_\_\_\_

### Results:

- 106-135 points = Wildly, even recklessly, in love.
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- 66-85 points = Occasional bursts of passion.
- 45-65 points = Tepid, infrequent passion.
- 15-44 points = The thrill is gone.

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