Passionate Love Scale

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.

I would feel deep despair if _____ left me.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

Sometimes I feel I can’t control my thoughts; they are obsessively on ______.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I feel happy when I am doing something to make ______ happy.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I would rather be with ________ than anyone else.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I’d get jealous if I thought ________ was falling in love with someone else.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I yearn to know all about ________.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I have an endless appetite for affection from ________.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

For me, ________ is the perfect romantic partner.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I sense my body responding when ________ touches me.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

_______ always seems to be on my mind.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I want ________ to know me—my thoughts, my fears, and my hopes.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I eagerly look for signs indicating ________’s desire for me.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I possess a powerful attraction for ________.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

I get extremely depressed when things don’t go right in my relationship with ________.  Not at all true 1 2 3 4 5 6 7 8 9 Definitely true

Total ________
**Scoring the Passionate Love Scale**

The scoring system is really simple: You simply add up the numbers the students have circled. In *Love, Sex, and Intimacy*, I had students do it themselves. I said:

Are you in love with someone right now? Have you ever been in love? How intense are your feelings compared to those of other lovers? To find out, circle the numbers on items 1-15 in the *Passionate Love Scale* to indicate your feelings for the one you love the most. Now, add up the numbers you circled. The total is your *Passionate Love Scale* score. How does it compare to the PLS scores of other lovers? Check the following chart to find out.

**Passionate Love Scale Scores**

- Extremely passionate = 106-135 points
- Passionate = 86-105 points
- Average = 66-85 points
- Cool = 45-65 points
- Extremely cool = 15-44 points

<table>
<thead>
<tr>
<th>The Meaning of Various PLS Scores:</th>
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<tbody>
<tr>
<td><strong>Extremely passionate = 106-135 points</strong></td>
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<td>When men and women are wildly in love, they can’t stop thinking about the other, their hearts pound, their pulses race, and they find it impossible to keep away from the objects of their desire—even when pursuit is dangerous or foolish.</td>
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<tr>
<td><strong>Passionate = 86-105 points</strong></td>
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<tr>
<td>People often feel this way, but not with such unrelenting intensity.</td>
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<tr>
<td><strong>Average = 66-85 points</strong></td>
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<tr>
<td>On occasion, people experience such bursts of passionate feeling.</td>
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<tr>
<td><strong>Cool = 45-65 points</strong></td>
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<tr>
<td>People feel only tepid passion and then only infrequently.</td>
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<tr>
<td><strong>Extremely cool = 15-44 points</strong></td>
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<tr>
<td>People don’t have these feelings.</td>
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</tbody>
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**Time Magazine described the categories this way:**

- 106-135 points = Wildly, 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.
For information on the **reliability** and **validity** of the Passionate Love Scale, see:


