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PSYC 304

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Assignment #4

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After taking the Styles of Love Questionnaire, I have learned a lot about my style of love. I kept in mind that low scores mean high level of love, and high scores mean low level of love in each subject. Knowing what each subject represents allows you to reflect on the scores you get in those areas. When your score is low, it means you tested high in that subject for the questionnaire.

With that being said, me scoring a 1.9 for Eros means that I tested high for that subject. That means that my love style consists of strong physical preferences, early attraction, and intensity of emotion. For Ludus, I scored high with a score of 4. This means that my love style isn’t as strong when it comes to having a manipulative quality. For the subject Storge, I scored a 3.3 which is also pretty high, but more of a middle to high ground. This means that when it comes to my love style being a combination of love and friendship, it doesn’t look very promising, but it still could happen.

For the subject Pragma, I scored a 3.3 as well. This also means that love planning isn’t very strong when it comes to my love style, but it could still be possible. For Mania I scored a 3.3 also. With that being said, symptom love based on uncertainty of self and the lover isn’t very strong when it comes to my love style. Last but not least, I scored a 1.9 for the subject Agape. This is a low score, so I tested high for an all-giving, non-demanding love when it comes to my style of love.

For the most part, I agree with the scores that I received on the Styles of Love Questionnaire. For me, physical preference, early attraction, and an all-giving, non-demanding love are all parts of my style of love. For the areas that I scored middle to high (Storge, Pragma, and Mania), I do feel as though I don’t agree in some areas. When it comes to my style of love,

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Storge and Pragma tend to play a role in it. I relate to Storge because I do sometimes have a combination of love and friendship because to me it makes a relationship more fun that way. I also relate to Pragma because I do have desired attributes that I look for in a lover.

My relationship dynamics may have influenced the results in three ways, they are what I am used to, I strive to have relationships like that, and because they are what I need to focus more on. When I say they are what I am used to, I mean it is second nature. When it comes to my style of love, there are certain things that never change. Whether that be how I act in a relationship, how I think, etc. My relationship dynamics may have influenced the test results because Certain questions were second nature to me. For example, one of the questions was I try to always help my lover through difficult times. This is second nature to me. I would do this without even thinking about it or hesitating. I not only would be there for my lover through difficult times, but everyone in my life. It is just what I am used to, and the type of person that I am.

My relationship dynamics may also have influenced the results because I strive to have a certain type of relationship. Just like the last reason I gave, I strive to have a relationship where I can be there for my lover through difficult times, and him be there for me. I want a relationship that would be successful, and genuine, so questions like that are going to be more likely for me. Not only because it is what I want, but because I strive to get the things that I desire.

Lasty, my relationship dynamics may have influenced the results because of the things that I need to focus more on. What I mean by this is that if I needed to focus more on not taking things so seriously, I will try harder for those things and want to practice it more. With that being

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said, I influenced the results by answering the right way instead of the way I want. I may put down that It is more likely that I take things too seriously, but really what I wanted to put down was that it is less likely. Being true to yourself is the only way you will get more accurate of results. If you answer how you want to instead of the way you should, or the right way, the results won’t be accurate.

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References

Hendrick, C.H., & Hendrick, S. (1986). A theory and method of love. Journal of Personality and Social Personality, 50, 392-402.