

Assignment Takeaway: Love

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I was assigned to take Hendrick & Hendrick's Styles of Love assessment to see how I would match up to the male norm in perceiving different aspects of being in a relationship. The relationship aspects included Eros, Ludos, Storge, Pragma, Mania, and Agape. My scores in each area were positively above the average for males. While I score lower in Eros, Mania, and Agape, the negative affiliation with these sections proved that my lower scores were, indeed, a good thing.

Because long-term relationships require a large emotional investment, I find that self-regulation and emotional intelligence could play a big role in in the outcomes of the Styles of Love assessment. The only things lacking from my assignment are the scores of my spouse, but I am both confident that her scores would be more positive than the average and that we are extremely compatible if we were to compare scores. While we differ in some aspects, it is those differences that encourage growth in our relationship.