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CONCEPTUALIZING AND DEFINING ROMANTIC LOVE

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by

Justin K. Krass

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Abstract

Two studies investigated how individuals conceptualize romantic love using the Love Word Conceptualization Survey to examine how strongly 119 emotions, behaviors, and attitudes were associated with romantic love. Study 1 had 54 participants and study 2 had 320 participants. The results of both studies suggest that individuals mainly associate positive attributes with romantic love and are less likely to associate negative attributes with it. Furthermore, quality communication and nurturing physical behaviors appear to be key components of how individuals conceptualize romantic love. Principal components analyses suggest that there may be a positive emotions factor of romantic love, as well as a negative emotions factor. The results are congruent with the theory that the concept of romantic love is prototypically organized.

Introduction

The day before her marriage, a woman sits alone in her bedroom. She is having

one last doubt about her impending marriage. She and her partner have known each other

for a couple of years. She wonders "Do I really love my partner? Maybe we are just

really good friends." She ponders if she even knows what it means to romantically love

someone. She cannot even describe what she means when she tells her partner "I love

you." At this moment she just wants to know "what is romantic love?" This question

was the basis and starting point of the current investigation. Its main purpose was to gain

a better understanding of how individuals conceptualize romantic love and what

emotions, behaviors, and attitudes are considered to be a part of romantic love.

Additionally, it is believed that some of people's expectations about romantic love were

identified by studying how individuals conceptualize it. For this study, romantic love

was defined as the love experienced between two individuals in an exclusive relationship.

Some examples of exclusive relationships are dating exclusively, being engaged, and

being married. It was believed that this definition of romantic love allowed the study to

focus on romantic love as opposed to other types of love.

Previous Research

Researchers have proposed different theories about love (e.g.; Hatfield & Rapson,

1993; Lee, 1973; Sternberg, 1986). Lee's (1973) typology of love describes different

ways that individual's approach and experience love, and has been used to explain

numerous approaches to love, from people who view love as a playful game to

individuals who approach love more like a friendship. Six different types of love are

described by Lee's typology: eros, storge, ludas, mania, agape, and pragma. Eros (i.e.;

love defined by its passion), storge (i.e.; loving someone like a friend), and ludas (i.e.; viewing love as a game and challenge) are the three primary types of love. The other three love styles, mania (i.e.; love defined by its extreme emotions and desire), agape (i.e.; love that is defined by an individual's desire to give to their partner), and pragma (i.e.; a practical approach to love), are considered secondary types of love. Additional types of love can be formed by combining two primary or secondary types of love, or by combining one primary and one secondary type of love. In total, Lee's typology details 27 different ways that individuals might approach love (Lee, 1973).

Another theory, Sternberg's (1986) triangular theory of love, claims that there are three basic elements of love: passion, intimacy, and commitment/decision. Passion is described as what attracts someone to another person and motivates one to seek love. Intimacy is what makes someone feel close to, and bonded with, another person. Commitment/decision is described as an individual's immediate decision to love another person and long-term decision to maintain that love. Sternberg details eight different types of love based upon whether or not the relationship has these three components, ranging from non-love (having none of the three components) to consummate love (having all three of components). While Sternberg (1986) describes romantic love as love with intimacy and commitment/decision and not passion, his description of consummate love (love with passion, intimacy, and commitment/decision) is closer to the definition of romantic love used in the current study. A more general definition of romantic love was chosen to allow participants to decide whether or not attributes related to passion are a part of romantic love. Individuals may feel that romantic love

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incorporates elements of passion, even though Sternberg (1986) did not believe this was the case.

A third theory of love was originally proposed by Berscheid and Hatfield [Walster] (as cited in Hendrick & Hendrick, 2000). An in-depth description of this theory is provided by Hatfield and Rapson (1993). This theory describes two types of love, passionate love and companionate love. According to this theory, passionate love is defined by two components: strong emotions (both positive and negative) and a powerful desire to be with another individual that can influence how one thinks and behaves. However, passionate love may not last forever; the strength of one's attraction to his or her partner may fade with time. Companionate love is described as love defined by its qualities of intimacy and commitment. When experiencing companionate love, partners share their life and feel a strong connection to each other. While companionate love may not produce feelings of desire as strong as passionate love, it may last longer (Hatfield & Rapson, 1993).

Lee's (1973) typology, Sternberg's (1986) triangular theory of love, and the passionate/companionate theory of love (Hatfield & Rapson, 1993) represent three different theories about the emotion of love. They all attempt to explain feelings of love and the way that people experience it. To accomplish this task, they all must have had a basic understanding and conceptualization of what constitutes love. While these researchers may not have used a shared definition of love, it would be difficult to describe something related to the experience of love without a basic concept of love. Researchers seem to have a basic concept of what represents love, even thought they may not explicitly state it. Furthermore, there appear to be some similarities among these

different conceptualizations of love. For example, Sternberg's concepts of intimacy and commitment/decision are very similar to the concept of companionate love. Hatfield and Rapson's description of companionate love seems to incorporate many of the elements of Sternberg's intimacy and commitment/decision factors. This suggests that there may be some common elements among the concepts used by these researchers (Hatfield & Rapson, 1993; Lee, 1973; Sternberg, 1986). If researchers have a basic shared conceptualization of love it suggests that individuals in general may also have a common conceptualization of love and romantic love. Identifying these shared attributes might reveal some of the basic elements of how love, and possibly romantic love, is conceptualized.

Some researchers have argued that it is not possible to create a universal definition for the emotion of love because love means different things to different people (e.g.; Fehr & Russell, 1991; Hendrick & Hendrick, 1992; Lee, 1973). Hence, each individual will have his or her own personal definition of romantic love. Something that one person considers a key element of love, such as remaining independent from one's partner, may be considered the opposite of love by another person. However, these same researchers were able to conclude that certain types of love are better examples than others (Fehr & Russell, 1991), describe the experience of love according to both sociological and biological theories (Hendrick & Hendrick, 1992), and detail six different core approaches to love (Lee, 1973). Even if a formal definition of romantic love is not possible, a basic concept of love would be necessary to accomplish the aforementioned tasks. This suggests that even if there is not a single, all-encompassing definition of love,

that individuals share a basic concept of love. Similarly, they may have a shared concept of what represents romantic love.

The hypothesis that people have a shared concept of love is supported by prior research on the cognitive structure of love and romantic love. Evidence suggests that the cognitive structure of love and romantic love may be organized according to prototype theory (e.g.; Aron & Westbay, 1996; Fehr, 1988; Fehr & Russell, 1991; Regan, Kocan, & Whitlock, 1998). In a review on concepts and generic knowledge, Reisberg (2001) describes some of the basic principles of prototypes and prototype theory. Instead of focusing on the boundaries between different concepts, prototype theory proposes that natural language concepts are based upon prototypes. Individuals base their conceptualization of a concept upon what they consider to be the archetype of that concept. Objects closer to this prototype are considered better examples of the concept, while objects less similar to the prototype are viewed as worse examples of a given concept (Reisberg, 2001). While explaining prototype theory and summarizing Rorch's research on concepts, Fehr and Russell (1984), provide the following description of prototype theory,

> Such concepts are organized around their clearest examples, which are referred to as prototypes. Other instances vary in their degrees of family resemblance to the prototypes, with prototypes shading gradually into nonprototypes and nonprototypes shading gradually into nonmembers. More prototypical members share more attributes in common with each other, less prototypical members have fewer attributes in common with each other and have a greater number of attributes in common with members of adjacent concepts (p. 466).

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For many natural language concepts, fuzzy rather than rigid boundaries are used to determine category membership. Prototype theory provides a way of explaining and studying the cognitive structure of natural language concepts (Reisberg, 2001). Research has demonstrated that prototype theory can be applied to the study of emotions. In a series of studies, Fehr and Russell (1984) demonstrated that prototype theory can be used to explore individual's conceptualizations of emotions, including love, and that the internal structure of emotions is prototypically organized.

Prototype theory can provide a framework for studying emotions and has been used in multiple studies to examine love and romantic love (e.g.; Aron & Westbay, 1996; Fehr, 1988; Fehr & Russell, 1991; Regan, Kocan, & Whitlock, 1998). Fehr (1988) examined how love is conceptualized by having participants list what they considered to be some characteristics of love. The generated list included both positive and negative emotions, cognitions, expectations (mostly related to time), social elements, behaviors, and physiological descriptors. Following this stage, new participants were asked to rate how central each of the generated items were to love. Fehr found that some characteristics were more vital to the concept of love than others. The items rated as most central were "trust", "caring", and "honesty". The study by Fehr (1988) found some qualities to be more central to love than others, suggesting that the cognitive structure of love is prototypically organized.

Additional support for the idea that love is prototypically organized was demonstrated in a series of studies conducted by Fehr and Russell (1991). In the first study, participants were asked to list different subtypes of love. More than a 100 different subtypes were generated, such as "friendship," "romantic love", "hurtful", and

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"spontaneous." The next study asked different participants to rate twenty of the generated subtypes on how good the subtype was as an example of love. Certain types of love, such as "maternal" and "parental" were found to be better examples of love than others, such as "sexual" and "infatuation." The fact that certain subtypes of love were better examples of love than others supports that the cognitive structure of love is prototypically organized (Fehr & Russell, 1991).

As demonstrated in the study by Fehr and Russell (1991), there are many different subtypes of love. One subtype is romantic love which differs from other subtypes of love, such as paternal love (i.e.; the love between parents and their children) and sibling love (i.e.; the love between siblings). Romantic love has been found to be prototypically organized. Regan, Kocan, and Whitlock (1998) asked participants to list features of romantic love, and in a separate study had different participants rate how central the generated items were to romantic love. Some items were found to be more central to romantic love than others. The attributes of "trust," "honesty," and "happiness" were found to be the most important to the concept of romantic love. According to prototype theory, certain items and/or attributes will be closer to the archetype of a concept than others. In the study, Regan et al. found certain attributes to be more central to romantic love, and therefore closer to the archetype of romantic love. The results of this study indicate that romantic love is prototypically organized (Regan, Kocan, & Whitlock, 1998). Thus, the cognitive structure of both love and romantic love appear to be prototypically organized (Aron & Westbay, 1996; Fehr, 1988; Fehr & Russell, 1991; Regan et al., 1998).

In addition to indicating that the emotion of love is prototypically organized, previous research has suggested that there may be some common factors in how individuals conceptualize love and/or romantic love (e.g.; Aron & Westbay, 1996; Pederson & Shoemaker, 1993). Besides demonstrating that the cognitive structure of love is prototypically organized, Aron and Westbay (1996) also found three common factors of how individuals conceptualize and experience love: passion, intimacy, and commitment. These three factors were found in multiple studies using different participants. In the majority of these studies, passion was rated as the most central to love, followed by intimacy, and then commitment. There seems to be some commonality in how individuals both conceptualize and experience love (Aron & Westbay, 1996). If there are common factors of love, then there may be shared elements of how individuals conceptualize and experience romantic love as well.

This was the topic of investigation in a study conducted by Pederson and Shoemaker (1993). Participants were asked to list two or three things they believed to be romantic. Following the generation of this list, participants rated how they felt about each of the items. Five common factors were identified; togetherness; expressions; concern and communication; romancing; and sensitivity and spontaneity. While the aim of the study was to identify some common factors of romantic love, it appears as if the study actually identified some common factors of being romantic. The items were based upon participant's romantic beliefs and behaviors, not their feelings or cognitions related to romantic love. While using romantic beliefs and behaviors will identify how two people in a romantic relationship interact and demonstrate their feelings, it may not incorporate how romantic love affects someone independently of their partner. Studying

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romantic beliefs may only examine how individuals express romantic love, instead of the attributes that comprise romantic love (Pederson & Shoemaker, 1993). While the results of Pederson and Shoemaker's study suggest that it is possible to identify some common factors of how individuals conceptualize romantic love, it does not seem like Pederson and Shoemaker (1993) were able to accomplish this goal. Additional studies aimed at identifying common factors of romantic love are needed.

Researchers have proposed various theories about how individuals experience and approach love (e.g.; Hatfield & Rapson, 1993; Lee, 1973; Sternberg, 1986). The evidence suggests that love and romantic love are prototypically organized and that it is possible to identify common factors of love and/or romantic love (e.g.; Aron & Westbay, 1996; Fehr, 1988; Fehr & Russell, 1991; Regan et al., 1998). The aim of the current investigation was to build upon the previous research and improve society's understanding of how individuals conceptualize romantic love by identifying some of the emotions, behaviors, and attitudes that are typically considered to be a part of the emotion of romantic love.

To accomplish this goal, the current study examined whether or not certain emotions, behaviors, and attitudes are associated with romantic love. The Love Word Conceptualization Survey was created to investigate how strongly items are associated with romantic love. The Love Word Conceptualization Survey is comprised of 119 affective, behavioral, and attitudinal terms that were drawn from seven categories. Seventeen items were created from each category. Additionally, each category contained both positive and negative items. While it may not include every emotion, behavior, and/or attitude related to romantic love, it is believed that these items comprise a

significant portion of the experiential domain of romantic love. The seven categories and some examples of each category are: support ("protecting" and "sharing with your partner"); communication ("talking with your partner" and "telling your partner 'I love you'"); physical ("hugging your partner" and "holding hands with your partner"); social ("living with your partner" and "introducing your partner to your family/friends as your boy/girlfriend"); emotional freedom ("aggravating" and "being able to feel vulnerable"); expectations ("forever" and "requires a lot of effort"); and emotional rewards ("adoration" and "passionate"). Items from these seven categories were generated to sample from the domain of emotions, behaviors, and attitudes that are associated with romantic love. A specific definition for the opposite of romantic love was purposely not given in the Love Word Conceptualization Survey. If a specific definition for the opposite of romantic love had been provided, it might have influenced how participants conceptualized romantic love and completed the survey. Not including a definitive definition of the opposite of romantic love decreased this potential influence on how individuals conceptualized romantic love. The Love Word Conceptualization Survey – Version I was used in the first study, and the Love Word Conceptualization Survey – Version II in the second study. Refer to appendix A and appendix B respectively.

The current investigation examined how individuals over the age of 18, who had not ended a relationship of more than three months within the last month and for whom the topics of relationships and love were not sensitive issues conceptualize romantic love. Participants over the age of 18 were selected because it is believed that their conceptualization of romantic love is more constant. Participants with a more stable and developed conceptualization of romantic love were desired for this study. Additionally,

to both protect participants and ensure that individuals with temporarily altered concepts of romantic love did not participate in either study, individuals who within the last month had ended a romantic relationship of longer than three months were excluded. Individuals for whom the topics of relationships and/or love are sensitive topics were excluded for the same reasons.

The present investigation included two studies that examined whether or not certain emotions, behaviors, and attitudes are associated with romantic love. In the first study, participants were given the Love Word Conceptualization Survey – Version I and asked to rate the strength of the association between romantic love and the items on the scale. The goal of this study was to identify some of the attributes that individuals associate with romantic love to increase knowledge about how individuals conceptualize romantic love. Additionally, the study attempted to identify some meaningful common factors of individual's conceptualization of romantic love. A similar second study was conducted to substantiate the results of the first study with a larger and more varied population. For both studies, there were two hypotheses. The first was that certain emotions, behaviors, and attitudes would be more strongly associated with romantic love than others. It is believed that attributes that are more strongly associated with romantic love will represent key components of individual's concept of romantic love. In addition, this hypothesis would support that idea that the cognitive structure of romantic love is prototypically organized. A second hypothesis was that there are some meaningful common factors of romantic love. This would suggest that there are certain similarities in how people conceptualize romantic love.

Study 1

Method

Participants

All of the participants were undergraduate students recruited from the campus of the State University of New York at New Paltz (SUNY New Paltz). Three different recruitment methods were used. Participants were recruited from psychology classes at SUNY New Paltz, the SUNY New Paltz's psychology department's subject pool, and from flyers that were hung around the campus. All of the participants received research credit for their participation.

In total, there were 58 participants (54 women and 4 men). However, data from four participants (2 women and 2 men) was not included in the final analysis because these participants did not complete the entire Love Word Conceptualization Survey – Version I. On average, participants were 22.26 years (*SD* = 5.478, *Range* = 18-49) and had been in 2.04 significant long-term relationships of more than six months (*SD* = 1.508, *Range* = 0-6). Two participants did not answer the question about number of significant long-term relationships, but were included in the data analysis. See Table 1 for additional demographic information.

Materials

Two measurements were used. One was a self-reporting demographic questionnaire. The demographic questionnaire collected information about participants' age, gender, ethnicity, current relationship status, and the relationship status of their parents. Additionally, it asked participants how many significant long-term (more than six months) relationships they have had in their lifetime.

The second measurement used was The Love Word Conceptualization Survey -

Version I (see appendix A). It asked participants to rate 119 emotions, behaviors, and

attitudes on a scale from 1 to 13 for how associated each item is with the concept of

romantic love. A thirteen indicated that the emotion, behavior, or attitude is very

associated with romantic love; a seven signified that it is neutral; and a one indicated that

the item is not associated with romantic love and closer to the opposite of it. The

question "other (please write in any word you feel should have been included)" was

included as the 120th item. This question was included to see if there were any emotions,

behaviors, and attitudes that participants believed should be included in the Love Word

Conceptualization Survey - Version I, but had not been included. Participants were given

the opportunity to rank their response to this question on the 1 to 13 scale. The results to

this question were not included in either the grouping analysis or the factor analysis.

Procedure

The study was conducted during pre-scheduled times in various classrooms on the

SUNY New Paltz campus and was administered to participants individually or in small

groups of two or three participants. Participants were first given the informed consent

form, which they reviewed with the researcher. Next, they were given the self-reporting

demographic questionnaire and the Love Word Conceptualization Survey - Version I to

complete. Participants were verbally instructed to complete the two questionnaires and to

let the researcher know when they had completed the two questionnaires and if they had

any questions. Afterwards, participants were debriefed via a debriefing form, thanked for

their participation, and dismissed.

Results and Discussion

Item number 9 "frustrating" was removed from all analyses because of a printing error that resulted in it having a different scale than the other items. Two primary analyses were conducted. The first analysis grouped the 118 target items into seven pre-established categories based upon their mean score. The seven pre-established categories were: very associated with romantic love ($M = 11-13$); moderately associated with romantic love ($M = 9-10.99$); slightly associated with romantic love ($M = 8-8.99$); neutral ($M = 6-7.99$); not associated with romantic love and slightly associated with the opposite of it ($M = 5-5.99$); not associated with romantic love and moderately associated with the opposite of it ($M = 3-4.99$); and not associated with romantic love and very associated with the opposite of it ($M = 1-2.99$). This analysis was conducted to examine which emotions, behaviors, and attitudes were associated with romantic love, which were neutral, and which were not associated with romantic love and closer to the opposite of it. It identified which attributes were associated with romantic love and which attributes comprise individual's conceptualization of it.

Thirty-four items were grouped together and labeled as very associated with romantic love. See table 2 for a complete list of the items in this category. Almost all of the items in the very associated grouping were positive attributes. The one exception was the item "forgiving" ($M = 11.26$, $SD = 1.554$), which could be considered a positive behavior following a negative event. There were few attitudes, and no items that had to do with the element of time. The items "feeling like somebody loves you" ($M = 12.59$, $SD = .813$) and "being honest with your partner" ($M = 12.57$, $SD = .767$) had the two highest means. Out of the ten items with the highest means, four of them were related to

communication ("talking to your partner" (M = 12.67, SD =.617), "being honest with your partner" (M = 12.67, SD = .816), "telling your partner 'I love you'" (M = 12.27, SD = 1.486), and laughing with your partner" (M = 12.27, SD = 12.27). Positive communication seems to be very associated with romantic love.

Thirty-six items were placed in the moderately associated with romantic love category. Refer to table 3 for a full list of the items that were labeled as moderately associated with romantic love. With one exception, the one potentially negative item "being able to feel vulnerable" (M = 9.81, SD = 2.947), the majority of the items in this category were positive emotions, behaviors, and attitudes. The items in this category indicated some expectations that individuals may have about romantic love. Included in this category were three items related to time, specifically the idea of love lasting for a long time. The three items were "forever" (M = 10.06, SD = 2.993), "everlasting" (M = 9.91, SD = 3.199), and "enduring" (M = 9.8, SD = 2.58). This suggests that individuals do not expect feelings of romantic love to end. Additionally, the inclusion of the items "something that will happen to me" (M = 10.39, SD = 2.587), and "deserved" (M = 9.19, SD = 3.169) in this category appear to indicate that individuals believe that they will eventually find romantic love and that they have a right to find it. Not only does it seem like individuals expect romantic love to last forever, but it also seems like they expect to experience it in their lifetime.

The slightly associated with romantic love category contained nine items. See table 4 for a list of the items in the slightly associated with romantic love category. This category contained only behaviors and attitudes. There were a few negative items, such as "requires a lot of effort" (M = 8.74, SD =3.045) and "not liking everything about your

partner" ($M = 8.72$, $SD = 3.241$) in this category. This implies that individuals associate some negative attributes with romantic love. Additionally, the items "remaining independent from your partner" ($M = 8.8$, $SD = 3.123$) and "putting your needs before your partner's" ($M = 8.09$, $SD = 3.568$) were included in this category. This implies that individuals feel that it is somewhat important to have a sense of self that is independent from one's romantic relationship as well.

Twelve items were categorized as neutral. See table 5 for a complete list of the items in the neutral category. This category included positive and negative emotions, behaviors, and attitudes. It is possible that the items in this category are associated with both romantic love and the opposite of romantic love. The items "silence" ($M = 7.48$, $SD = 3.249$) and "crying" ($M = 6.94$, $SD = 3.2$) are two examples of such attributes. Also included in this category was the item "wearing a ring" ($M = 6.8$, $SD = 3.935$). This is somewhat surprising, since engagement and wedding rings could be considered a symbol of one's romantic love and commitment.

Six items were placed in the not associated with romantic love and slightly associated with the opposite of romantic love category. Refer to table 6 for a complete list of the items found to be not associated with romantic love and slightly associated with the opposite of it. This category contained negative emotions and behaviors, and one attitude. Two of the items in this category, "limiting" ($M = 5.76$, $SD = 3.009$) and "unchanging" ($M = 5.52$, $SD = 3.307$), suggest that individuals do not want a romantic relationship that stays the same over time or restricts their growth. It seems that individuals expect romantic love to be fluid and ever-changing.

The not associated with romantic love and moderately associated with the opposite of romantic love category contained twelve items. See table 7 for a full list of the items in this category. The majority of the items in this category were negative emotions. There seems to be a strong association between negative emotions and the opposite of romantic love. Coupled with the fact that mainly positive attributes were associated with romantic love, this suggests that individuals associate few negative attributes with romantic love and few positive attributes with the opposite of romantic love. The items contained in this category may be more representative of the opposite of romantic love than romantic love. Included in this category was the item "brief" ($M = 3.74$, $SD = 2.534$). This supports the earlier hypothesis that individuals associate a timeless quality with romantic love.

Nine items were categorized as not associated with romantic love and very associated with the opposite of romantic love. Refer to table 8 to see the entire list of items in this category. Most of the items in this category were negative behaviors and attitudes. The two items with the lowest overall means were "hitting your partner" ($M = 1.54$, $SD = 1.754$), and "spitting on your partner" ($M = 1.52$, $SD = 1.397$). The items in this category imply that negative behaviors, especially physically harmful behaviors, are the least associated with romantic love. Most of the items with the lowest means were either negative behaviors or related to poor communication. This suggests that the lack of physical violence and good communication are key components of individual's conceptualization of romantic love and important attributes in a romantic relationship. Also included in this category was the item "undeserved" ($M = 2.5$, $SD = 2.142$). Coupled with the fact that the item "deserved" ($M = 9.19$, $SD = 3.169$) was included in

the moderately associated with romantic love category, this provides additional support for the idea that people expect to find romantic love and feel like they are entitled to have it in their life.

Following the grouping analysis, an exploratory principal factor analysis was conducted. This second analysis was performed to see if any of the items on the Love Word Conceptualization Survey – Version I grouped together to form common factors of romantic love. Any identified factors were then examined to see if they represented a meaningful common factor of romantic love. All of the items within a potential factor needed to have a factor loading coefficient of .5 or greater to be included. This was done to ensure that all of the items within a potential factor shared at least half of their variance. A total of 30 factors had an eigenvalue of 1 or greater. Out of these 30 factors, only seven factors had items with factor loading coefficients of .5 or greater. See table 9 for a full list of the items found in each of the seven identified factors of romantic love. These seven factors accounted for 45.56% of the total variance.

Sixteen items were contained in the first factor of romantic love. This factor accounted for 14.04% of the total variance. The majority of these items appeared to be emotions, behaviors, and attitudes that signify to other people that two individuals are in a romantic relationship. This factor seems to represent social indicators of a romantic relationship and was given the label of social indicators. For example, this factor contained the items "holding hands with your partner" (*coefficient* = .656) and "giving your partner a massage" (*coefficient* = .58). This factor included both positive and negative items, and items with negative coefficients. The items with negative coefficients may represent ways in which individuals demonstrate that they are not in a

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romantic relationship. Some examples of these items are "insulting your partner in front of other people" (*coefficient* = -.613) and "ignoring" (*coefficient* = -.525).

The second factor of romantic love included 12 items and accounted for 9.12% of the total variance. All of the items in this factor were negative emotions and behaviors. Accordingly, this factor was labeled negative emotions. There were no attitudes in this factor. This factor included the items "aggravating" (*coefficient* = .634), "disagreeing with your partner" (*coefficient* = .621), and "overwhelming" (*coefficient* = .547). This factor seems to represent some of the negative attributes contained in the Love Word Conceptualization Survey – Version I.

Six items comprised the third factor of romantic love. This factor accounted for 7.63% of the total variance. This factor contained only emotions and behavior. The majority of these items could be described as emotions and behaviors that remind someone that he or she is in a romantic relationship. For example, this factor included the items "calling your partner" (*coefficient* = .631) and "taking pictures of your partner" (*coefficient* = .517). This factor was given the label of personal reminders. Both positive reminders, such as "introducing your partner to your friends/family as your boy/girlfriend" (*coefficient* = .531) and negative reminders, like "limiting" (*coefficient* = .548), were included in this possible factor. This indicates that one can be reminded of their romantic relationship in both positive and negative ways.

The fourth identified factor contained four items and accounted for 5.99% of the total variance. Most of the items in this factor seem related to one's expectations for romantic relationships. Therefore, this factor was given the label of expectations. This item contained two attitudes, one emotion, and one behavior. The items "something that

will happen to me" (*coefficient* = -.555) and "unchanging" (*coefficient* = .535) are some examples of the items in this factor. The items in this factor may represent unwanted expectations for romantic love. This is based upon the results of the grouping analysis, and the value of the factor loading coefficients. The grouping analysis suggested that individuals do not want a relationship that remains the same over time and that they expect to find a romantic relationship. However, this factor included the item "unchanging" (*coefficient* = .535), with a positive factor loading coefficient and the item "something that will happen to me" (*coefficient* = -.555) with a negative factor loading coefficient. This result of the grouping analysis suggests that unchanging relationships may be undesirable and that individual's expect to find romantic love. Therefore, this factor may represent undesirable expectations.

Three additional factors, each comprised of one item apiece, were identified. The fifth, sixth, and seventh factors of romantic love accounted for 3.27%, 2.95%, and 2.55% of the total variance respectively. The fifth factor of romantic love was the item "kissing your partner" (*coefficient* = .543), the sixth factor was the item "restricting" (*coefficient* = -.525), and the seventh factor was the item "enduring" (*coefficient* = .513). The actual item was used as the label for each of these items. These results suggest that kissing your partner and ensuring that a romantic relationship is not restricting are important aspects of a romantic relationship. Additionally, the results suggest that there may be a long-term quality to romantic love. However, since all of these factors are comprised of only one item, they must be viewed with some caution. These factors may not represent meaningful factors of romantic love.

Twenty-nine participants responded to question 120 "other (please write in any word you feel should have been included)." Four participants listed the concept of trust in varying ways and two participants listed the attribute of friendship. These two attributes represent a possible emotion and attitude that may be associated with romantic love but were not included in the Love Word Conceptualization Survey –Version I. No other attribute was listed by more than one participant. Some of the other responses to this question were "animalistic", "non-judgmental", "ideal", and "attraction."

Overall, the results suggest that individuals typically associate positive emotions, behaviors, and attitudes with romantic love and that individual's associate a small number of negative emotions, behaviors, and attitudes with romantic love. Therefore, it appears as if individual's conceptualization of romantic love is largely comprised of positive attributes. Furthermore, it seems as if good, positive communication and supportive, caring physical behaviors are key components of how individuals conceptualize romantic love. Attributes related to positive communication and nurturing physical actions had some of the highest means and comprised many of the attributes in the very and moderately associated with romantic love categories. Additionally, items related to poor, offensive, and absent communication and abusive, harmful physical behaviors were among the items to receive the lowest means. These types of items represented the majority of the items categorized as not associated with romantic love and very associated with the opposite of it. Furthermore, it seems as if individuals associate a timeless quality with romantic love. The items "forever" ($M = 10.06$, $SD =$ 2.993), "everlasting" ($M = 9.91$, $SD = 3.199$), and "enduring" ($M = 9.8$, $SD = 2.58$), were all moderately associated with romantic love, and the item "brief" ($M = 3.74$, $SD = 2.534$)

was found to be not associated with romantic love and moderately associated with the opposite of it. This suggests that individuals believe that feelings of romantic love will last a long time.

The results also suggest that the cognitive structure of romantic love is prototypically organized. Certain emotions, behaviors, and attitudes were more strongly associated with romantic love than others. Prototype theory states that certain attributes are closer to an individual's archetype of a concept and will be found as more central to that concept than others. By demonstrating that certain attributes better characterize individual's conceptualization of romantic love than others, the results support a main principal of the prototype theory.

Seven common factors of romantic love were identified: social indicators, negative emotions, personal reminders, expectations, kissing your partner, restricting, and enduring. Refer to table 9 for a full list of the identified factors. The results indicate that there may be some meaningful factors of how individuals conceptualize romantic love. These factors represented the ways that individuals demonstrate that they are in a relationship, some of the negative emotions they may experience, some of the ways that individuals are reminded of their romantic relationship, and their expectations for romantic relationships. Surprisingly, none of the identified factors were directly related to the positive emotions that one may experience in a romantic relationship. Additionally, three of the factors (kissing your partner, restricting, and enduring) only contained one item. Therefore these three factors may not represent meaningful factors of romantic love. Additional research is necessary to further examine whether or not the identified factors represent meaningful factors of romantic love.

While the results provide some information about how individuals conceptualize romantic love and indicate some factors of romantic love, additional research would help confirm and strengthen these findings. Furthermore, additional research would increase the generalizability of the results. Study 1 only had 54 participants and they were all recruited from SUNY New Paltz. The results of study 1 may only represent how college students conceptualize romantic love. Further research, with a greater number and wider variety of participants, is necessary to better understand how romantic love is conceptualized.

Study 2

Introduction

The aim of study 2 was to further explore how individuals conceptualize romantic love and the emotions, behaviors, and attitudes that individuals associate with it. Additionally, conducting a second study provided the opportunity to substantiate the results of study 1 with a larger and more varied subject pool. Furthermore, it allowed for some modifications to the materials and procedure used in study 1.

One of the biggest changes between study 1 and study 2 was that the Love Word Conceptualization Survey – Version I was modified to create the Love Word Conceptualization Survey – Version II (see appendix B). This updated version of the survey was used in study 2. While the majority of the scale remained the same, there were a few structural and grammatical changes. In version I, question 9 "frustration" did not have the correct scale. This was corrected in version II. Additionally, item 103 "accidental" was replaced with "trust." This change was made in an effort to better capture the potential emotions, behaviors, and attitudes that individual might associate

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with romantic love. Furthermore, two items were changed to remove some confusion that participants expressed in study 1. These items were item 13 "wearing a ring" and item 91 "pushing your partner." They were changed to item 13 "wearing a commitment/engagement/wedding ring" and item 91 "pushing your partner to the ground" respectively. The last change to the Love Word Conceptualization Survey – Version II was that the question "Please write what you considered to be the opposite of romantic love while completing this study" was added to the end of the survey. This provided information about what participants considered to signify a 1, not associated with romantic love and very associated with the opposite of romantic love, while completing the study.

The other significant change was to the procedure. An online version of the Love Word Conceptualization Survey – Version II was created for study 2. The online version of the Love Word Conceptualization Survey - Version II was identical to the paper version with one exception. The online version did not allow participants to rate item 120 "other (please write in any word you feel should have been included)." The goal of including an online version of the Love Word Conceptualization Survey – Version II for data collection was to obtain a greater number and diversity of participants compared to study 1. Changing the Love Word Conceptualization Survey – Version I and the procedure helped strengthen study 2.

Method

Participants

Participants were recruited from the campus of SUNY New Paltz and the internet. From the campus of SUNY New Paltz participants were recruited via a campus wide

email, flyers that were hung around the campus, the psychology department's subject pool, and from individual classes. To recruit participants from the internet, a short description of the research, as well as a link to the online version of the study, were posted on a few general discussion and psychology boards, such as http://groups.google.com/group/sci.psychology.misc/topics?hl=en and www.discussanything.com. Some participants from SUNY New Paltz received research or class credit for their participation.

A total of 462 (370 women, 69 men, and 23 who did not specify a gender) participants were recruited for the study. The data from 142 participants (93 female, 27 male, and 22 who did not specify a gender) were not included in the final analysis. This data was removed because these participants did not complete four or more items on the Love Word Conceptualization Survey – Version II. Including the data from these participants would have added unnecessary variability to the data sample and negatively influenced the data analysis. In total, data from 320 participants (277 women, 42 men, and 1 individual who did not specify a gender), were included in the data analysis. The average age of participants was 22.16 years ($SD = 5.399$, *range* 18-63 years), and on average they had been involved in 1.92 significant long-term (more than six months) relationships ($SD = 1.065$, *range* = 0-7 relationships). Two participants did not specify their age. See table 10 for additional demographic information about the participants.

Materials

Only two measurements were used. The first was a short self-reporting demographic questionnaire. It asked participants' about their age, gender, ethnicity, current relationship status, and the relationship status of their parents. In addition, it

asked participants to share how many significant long-term relationships (more than 6 months) they have had in their life.

Data was also collected using the Love Word Conceptualization Survey – Version II (see appendix B). Participants were asked to rate 119 emotions, behaviors, and attitudes on a scale of 1 to 13 for how associated the item is with romantic love. A thirteen signified that the items was very associated with romantic love, a seven that the item was neutral, and a 1 that the item was not associate with romantic love and closer to the opposite of it. The Love Word Conceptualization Survey – Version II included two additional questions that were not included in the primary data analyses. As the 120th item, participants were asked to answer the question "other (please write in any word you feel should have been included)." This question was included to help identify any attributes that individuals felt should have been included on the Love Word Conceptualization Survey – Version II. Participants who completed the paper version of the Love Word Conceptualization Survey – Version II were asked to rate this 120th item on the 1 to 13 scale. Participants who completed the online version of the study were not able to rate the 120th item. In addition, at the end of the survey participants were asked to answer the question "Please write what you considered to be the opposite of romantic love while completing this study." This helped identify what individuals considered to be the opposite of romantic love while completing the study.

Procedure

Participants completed the research study either on the internet or in a classroom on the campus of SUNY New Paltz. If an individual chose to complete it in person, the study was conducted in a classroom on the SUNY New Paltz campus at a pre-established

time. Only one participant chose to complete the study in person. In both settings, participants first reviewed the informed consent form, then completed the demographic questionnaire, and lastly completed the Love Word Conceptualization Survey – Version II. When the study was conducted in person, the participant was given the verbal instructions to please let the researcher know when he/she had finished and if he/she had any questions. After participants completed either questionnaire, they were provided with a short debriefing form, thanked for their participation, and informed that the study had ended.

Results and Discussion

With regards to the opposite of romantic love, there seemed to be some consistency in how individuals conceptualized the opposite of romantic love while completing the study. A total of 282 participants responded to the question "Please write what you considered to be the opposite of romantic love while completing this study," while 38 participants chose to leave this question blank. Some themes emerged in what participants considered to be the opposite of romantic love. Approximately 41.8% of those who responded to this question indicated that relationships characterized by abuse (emotional, physical, and/or verbal), violence, and hurting one's partner were the opposite of romantic love. Another common theme was that the opposite of romantic love was lying to one's partner, being dishonest, and being deceitful. This theme was found in about 14.2% of the participant's responses. A third theme was that a relationship where one partner was not attracted to his or her partner and/or the relationship felt like an obligation was the opposite of romantic love. Approximately 10.6% of the participants provided responses with some variation of this theme. Four

other less common themes were that relationships characterized by sex and sexual desire, the emotion of hate, feelings of friendship, and feeling unsafe in a relationship was the opposite of romantic love. Most of the participant's responses included more than one of the previously mentioned themes. Overall, it seemed like participants had a similar concept of what constituted the opposite of romantic love, one of the anchors of the Love Word Conceptualization Survey – Version II, when completing the study.

The same two analyses were conducted in study 2 that were conducted in the first study. First, the data was grouped into seven pre-established categories based upon the items mean score on the Love Word Conceptualization Survey – Version II. The seven pre-established categories were as follows: very associated with romantic love ($M = 11$-13); moderately associated with romantic love ($M = 9$-10.99); slightly associated with romantic love ($M = 8$-8.99); neutral ($M = 6$-7.99); not associated with romantic love and slightly associated with the opposite of it ($M = 5$-5.99); not associated with romantic love and moderately associated with the opposite of it ($M = 3$-4.99); and not associated with romantic love and very associated with the opposite of it ($M = 1$-2.99). This analysis was conducted to gain a better understanding of which items were associated with romantic love and which ones were not associated with it. It provided some information about the attributes that comprise individual's conceptualizations of romantic love.

Thirty-five items were placed in the very associated with romantic love category. See table 11 for a full list of the items found to be very associated with romantic love. Numerous positive emotions, behaviors, and attitudes were included in this category. The only slightly negative item was "forgiving" ($M = 11.18$, $SD = 2.052$). Positive attributes appear to comprise a key component of romantic love. The items with the

highest means were "trust" ($M = 12.45$, $SD = 1.397$), "being honest with your partner" ($M = 12.28$, $SD = 1.458$), and "commitment" ($M = 12.28$, $SD = 1.607$). Four out of the ten items with the highest average were related to communication. These items were "being honest with your partner" ($M = 12.28$, $SD = 1.458$), "talking to your partner ($M = 12.18$, $SD = 1.634$), "listening to your partner" ($M = 12.03$, $SD = 1.585$), and "telling your partner 'I love you'" ($M = 11.88$, $SD = 2.125$). This suggests that positive, quality communication is very strongly associated with romantic love and expected in a romantic relationship.

Thirty-nine items were categorized as moderately associated with romantic love. Refer to table 12 for a complete list of the items that were found to be moderately associated with romantic love. The majority of the emotions, behaviors, and attitudes in this category were positive. There were only two somewhat negative items in this category; "being able to feel vulnerable" ($M = 9.32$, $SD = 3.257$) and "not liking everything about your partner" ($M = 9.33$, $SD = 2.874$). This further supports that positive attributes comprise a large portion of an individual's concept of romantic love. Additionally, based upon some of the items in this category, specifically "enduring" ($M = 10.37$, $SD = 2.533$), "forever" ($M = 10.12$, $SD = 3.177$), and "everlasting" ($M = 10.03$, $SD = 3.138$), it appears as if individuals associate a timeless quality with romantic love. Individuals do not seem to expect romantic love to fade over time. Furthermore, it appears as if individuals expect to experience romantic love in their lifetime and believe that they should experience it. This is evidenced by the inclusion of the items "something that will happen to me" ($M = 10.31$, $SD = 3.14$) and "deserved" ($Mean = 9.69$, $SD = 3.208$) in the moderately associated with romantic love category.

The category of slightly associated with romantic love contained five items. See table 13 for a full list of the items found to be slightly associated with romantic love. Only behaviors and attitudes were placed in this category and the majority of the items were negative. The inclusion of "changing" ($M = 8.81$, $SD = 2.792$)" in this category suggests that individuals may not want, nor expect, a romantic relationship to remain the same over time. Additionally, the item "wearing a commitment, engagement, or wedding ring" ($M = 8.2$, $SD = 3.935$) was placed in this category. It is interesting to note that one of the major symbols of marriage is only slightly associated with romantic love.

Thirteen items were categorized as neutral. Refer to table 14 for a full list of the items that were categorized and labeled as neutral. The majority of the items in this category were either attitudes or negative emotions or behaviors. Items in this category may signify emotions, behaviors and attitudes that individuals associate with both romantic love and the opposite of it.   For example, the items "crying" ($M = 7.34$, $SD = 3.252$) and "overwhelming" ($M = 6.3$, $= SD = 3.36$) were included in this category. It seems like individuals consider some negative attributes to be neutral.

Five items were placed in the not associated with romantic love and slightly associated with the opposite of it category. See table 15 for a complete list of the items categorized as not associated with romantic love and slightly associated with the opposite of it. This category contained negative emotions, one negative behavior, and no attitudes. No positive items were placed in this category. This suggests that individuals may not associate anything positive with the opposite of romantic love.

Fifteen items were placed in the category of not associated with romantic love and moderately associated with the opposite of it. Refer to table 16 for a full list of the items

placed in the not associated with romantic love and moderately associated with the opposite of it category. This category contained attitudes, as well as negative emotions and behaviors. This suggests that individuals mainly associate negative attributes with the opposite of romantic love. Both of the items "fleeting" ($M = 4.62$, $SD = 3.019$) and "brief" ($M = 3.79$, $SD = 2.85$) were placed in this category. This provides additional support for the idea that individuals believe that romantic love has a long-term quality to it. Additionally, the items in this category support the earlier hypothesis that individuals expect to find romantic love in their life and that they believe that they are entitled to romantic love. This possibility is supported by the inclusion of the items "I will only find love if I am lucky" ($M = 4.66$, $SD = 3.782$) and "undeserved" ($M = 3.06$, $SD = 2.748$) in this category. Furthermore, this category also contains the item "unchanging" ($M = 4.96$, $SD = 3.155$). This implies that individuals expect romantic love to change over time and do not want a relationship that stays the same over time. Individuals appear to conceptualize romantic love as fluid and something that evolves over time.

The not associated with romantic love and closer to the opposite of it category contained seven items. See table 17 for a complete list of the items found to be not associated with romantic love and very associated with the opposite of it. This category contained negative behaviors, but no emotions or attitudes. This implies that negative behaviors may be worse than negative emotions in a romantic relationship. This corresponds with what many individuals considered to be the opposite of romantic love – abuse, especially physical abuse and/or violence. Furthermore, all of the items in this category were either physical acts against one's partner, or examples of mean and/or dishonest communication. This suggests that communication and nurturing physical acts

may be very important in a romantic relationship. Consequently, they may be a large component of how individuals conceptualize romantic love. The items with the lowest means were "pushing your partner to the ground" ($M = 1.92$, $SD = 2.189$), "spitting on your partner" ($M = 1.69$, $SD = 1.994$), and "hitting your partner" ($M = 1.64$, $SD = 1.9$).

The second analysis conducted was a principal components factor analysis. This analysis was selected to examine whether or not any items grouped together and represented common factors of romantic love. A factor was only considered if the items in the factor had a factor loading coefficient of .5 or greater. This criterion was selected to ensure that only meaningful factors, where the items shared more than half of their variance, were considered. The principal component analysis identified twenty-seven factors with an eigenvalue of 1 or greater. Out of these twenty-seven factors, only four met the factor loading criterion. See table 18 for a full list of the items contained in each identified factor of romantic love. These four factors accounted for 38.88% of the total variance.

The first factor identified contained 58 items and accounted for 24.78% of the total variance. A variety of emotions, behaviors, and attitudes were included in this potential factor. This factor was labeled as positive emotions and rewards because many of the items in this factor were related to the positive emotions and benefits that appear to be associated with being in a romantic relationship. This includes many of the emotional rewards that one might gain from a romantic relationship, such as "tenderness" (*coefficient* = .739) and "satisfying" (*coefficient* = .603), and rewarding behaviors and acts that one experiences in a romantic relationship, for instance "telling your partner 'I love you'" (*coefficient* = .709) and "giving your partner a massage" (*coefficient* = .661).

This suggests that positive attributes form a large component of individual's concept of romantic love.

Sixteen items, which accounted for 9.04% of the total variance, comprised the second factor identified. All of the items in this factor were related to negative emotions and behaviors. Therefore, this factor was labeled negative emotions. Some examples of the items in this factor are "disappointing" (*coefficient* = .782), "painful" (*coefficient* = .676), and "ignoring" (*coefficient* = .58). This factor indicates that negative emotions and behaviors may comprise a part of how individuals conceptualize romantic love. Perhaps the items of this factor comprise some of the attributes that individuals use to decide whether or not something constitutes romantic love.

Two items were included in the third factor identified. These items were "forever" (*coefficient* = .602) and "everlasting" (*coefficient* = .523). This factor accounted for 2.98% of the total variance. This factor appears to be related to people's expectations about the duration of romantic love and was given the label time. The results of the grouping analysis suggest that individuals associate a timeless quality with romantic love. It is suspected that this timeless quality is also a part of their conceptualization of romantic love.

The fourth factor identified contained two items and accounted for 2.08% of the total variance. The two items were "hitting your partner" (*coefficient* = .513) and "pushing your partner to the ground" (*coefficient* = .503). Both of these items refer to acts of physical violence against one's partner. Accordingly, this potential factor was labeled physical violence. Many participants mentioned abuse, both physical and emotional, as the opposite of romantic love. Perhaps these two items are related to an

individual's concept of the opposite of romantic love and represent acts that symbolize the antithesis of romantic love.

Out of the 320 participants, 97 provided a response to item 120 "other (please write in any word you feel should have been included)." Responses with the following themes appeared on more than one survey; "respect", "communication", "happiness", "hard work," "empathy", "long-lasting/longevity", "does long distance matter/long distance", "safety/security," "sharing daily life/interests/sharing hobbies", "compassion" "excitement/exciting" and "soulmate". Four participants mentioned the theme of "sharing" in some form, and three participants provided a response with the themes of "does long distance matter/long distance," "empathy," and "respect." All of the other repeated themes were mentioned by two different participants. Some of the other items that participants felt were missing from the Love Word Conceptualization Survey – Version II were; "dreamworld", "hate", "moral-breaking", and "valuing the relationship."

Overall, participants were more likely to associate positive emotions, behaviors, and attitudes than negative emotions, behaviors, and attitudes with romantic love. Out of the 76 items placed in the very and moderately associated with romantic love categories, 95.9% of them were positive attributes. This suggests that individuals infrequently include negative attributes and events in their conceptualization of romantic love. Positive, quality communication and warm, supportive physical behaviors were found to be very associated with romantic love. This suggests that they are key components of individual's conceptualization of romantic love. The inclusion of items demonstrating poor communication and abusive behaviors in the not associated with romantic love and very associated with the opposite of it category, in conjunction with the themes that

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emerged in what individuals considered to be the opposite of romantic love, support that quality communication and nurturing physical behaviors are strongly associated with romantic love. Additionally, the results provide some information about individual's expectations about romantic love. Individuals associate a timeless quality with romantic love, expect to find romantic love, and feel that romantic love is something to which they are entitled. There appeared to be some common themes in the items that individuals associated with romantic love and their expectations for it.

Furthermore, the results suggest that the cognitive structure of romantic love is prototypically organized. Certain attributes were found to be more strongly associated with romantic love than others. It appears as if some emotions, behaviors, and attitudes are more central to romantic love. This coincides with one of the basic principals of prototype theory, which states that attributes closer to the archetype of a concept will be found to be more central and more important to that concept. The results support the conclusion that romantic love is prototypically organized.

Four meaningful common factors of how individuals conceptualize romantic love were identified: positive emotions and rewards, negative emotions, time, and physical violence. The results indicate that individual's concept of romantic love is comprised of positive emotions and behaviors, negative emotions, expectations regarding time, and the idea of physical violence. There appear to be both positive and negative components of how individuals conceptualize romantic love.

General Discussion

The results support the first hypothesis of the study. Certain emotions, behaviors, and attitudes are more strongly associated with romantic love than others. This was

found in both studies 1 and 2. Additionally, in both studies the results of the grouping

analysis were very similar and a number of items were placed in the same category. In

total, 100 out of the 119 items were placed in the same category in both studies (refer to

table 19 to see which items, and the number of items that, were placed in the same

categories). Only 19 items were in different categories in study 1 and study 2. The item

that was unique to each study ("accidental" in study 1 and "trust" in study 2) were

counted as one item. The mean score of only one item on the Love Word

Conceptualization Survey changed by a value greater than 2 between study 1 and study 2.

This item was "fleeting." Consequently, it went from the neutral category in study 1 to

the not associated with romantic love and moderately associated with the opposite of it

category in study 2. Certain attributes were consistently found to be more strongly

associated with romantic love than others. This supports the hypothesis that certain

emotions, behaviors, and attitudes are more central to romantic love than others.

The results also support the position that the cognitive structure of romantic love

is prototypically organized. With some consistency, certain emotions, behaviors, and

attitudes were found to be more associated with romantic love than others. This follows

one of the basic premises of the prototype approach that certain attributes are considered

to be better examples of an archetype and will be considered more central to that concept

than others. The cognitive structure of romantic love appears to be organized

prototypically.

Additionally, the results of the grouping analysis provide some information about

how individuals conceptualize romantic love. In both studies, the overwhelming majority

of the items (97.1% of the items in study 1 and 95.9% of the items in study 2) placed in

the very associated and moderately associated with romantic love categories were positive. This suggests that individuals are more likely to associate positive attributes, than negative events and emotions, with romantic love. This raises the possibility that when individuals conceptualize romantic love, they seldom consider some of the negative experiences that it may entail. Consequently, individuals may have an overly optimistic concept of romantic love. The Pollyanna Principle may explain this finding. According to the Pollyanna principle individuals are more likely to describe things positively and remember the positive qualities of something (Martin & Stang, 1979). This could also explain why the majority of the emotions, behaviors, and attitudes associated with romantic love were positive.

Overall, it appears that good communication and positive, nurturing physical behaviors are very associated with romantic love. This is based upon the fact that in both study 1 and study 2 four out of the ten items with the highest means were related to good communication and items based upon poor communication and lying to one's partner had some of the lowest averages. Additionally, the items "hitting your partner" and "spitting on your partner" received two of the lowest mean scores in both studies. Furthermore, many individuals in study 2 considered abuse (emotional, physical, and/or verbal) and deceit and lying to be the opposite of romantic love. Good quality communication and warm, nurturing physical interactions appear to be key components of how individuals conceptualize romantic love.

The results also suggest that individuals associate a long-term quality with romantic love. This was demonstrated in both study 1 and study 2. In study 1, the items "enduring", "everlasting", and "forever" were found to be moderately associated with

romantic love and the item "brief" was found to be not associated with romantic love and

moderately associated with the opposite of it. These findings were replicated in study 2.

Additionally, in study 2 the item "fleeting" was also found to be not associated with

romantic love and moderately associated with the opposite of romantic love. This finding

is somewhat surprising considering the fact that in the United States of America the

divorce rate is a little less than half of the marriage rate. The National Center for Health

Statistics (n.d) estimates that in the year 2005, there were 7.5 marriages per 1,000 people

and 3.6 divorces for every 1,000 people. In essence, for almost every two marriages in a

given year, one marriage will end in divorce. While these numbers are only estimates

and do not include all 50 states, it still suggests that a high number of marriages end in

divorce (The National Center for Health Statistics, n.d.). Given this information, it is

surprising that individual's concept of romantic love includes a timeless quality and that

they may expect romantic love to last a long time. This provides additional support for

the idea that individuals are more likely to associate positive than negative attributes with

romantic love.

With regards to possible common factors of romantic love, the second hypothesis

of the study, there were a few similarities and differences among the factors of romantic

love identified in study 1 and study 2. One similar factor was identified in both study 1

and study 2, the factor given the label negative emotions in both studies. Please see

tables 9 and 18 respectively. These factors shared nine items and were mainly comprised

of negative emotions and behaviors. Additionally, in study 2 the negative emotions

factor contained the item "restricting." This was a separate factor in study 1. It seems

that the negative emotions factor and restricting factor combined to form part of the

negative emotions factor in study 2. Therefore, one factor of romantic love may be comprised of negative emotions. There was one other similarity between the factors identified in study 1 and study 2. One of the factors identified in study 2 may in part be a combination of four of the factors identified in study 1. The positive emotions and rewards factor identified in study 2 contained many of the items contained in the social indicators and personal reminders factors identified in study 1. The positive emotions and rewards factor contained 11 of the16 items from the social indicators factor and 4 of the 6 items from the personal reminders factor. Additionally, it contained the items "kissing your partner" and "enduring." Both of these items were separate factors in study 1. Perhaps the social indicators factor, personal rewards factor, kissing your partner factor, and enduring factor, collapsed and helped form the positive emotions and rewards factor in study 2. Participants in study 2 may have viewed social indicators, personal reminders, kissing your partner, and the quality of enduring as positive rewards. Overall, there was one similar factor identified in both studies, and one factor found in study 2 that may be related to four of the factors identified in study 1.

There were also some discrepancies between the factors identified in study 1 and study 2. In each study, possible factors of romantic love were identified that were not found in the other study. A factor related to some of individual's expectations for romantic love was unique to study 1. Study 2 contained two factors, one related to a timeless quality and one based upon physical violence, that were not found in study 1. It is unclear whether these discrepancies are the result of differences between the two studies, or perhaps signify that these may be weaker or less central factors of romantic love. Additional research could help better explain these discrepancies.

When examining the results of the current investigation, there are a few issues that one should consider. One is that significantly more women participated in the study than men (96.6% of the participants in study 1 were women, and 85.6% of the participants in study 2 were women). This indicates that the results of both studies may be more indicative of how women conceptualize romantic love than men. A factor analysis of the data from study 2, split by gender, suggests that there are some similarities in how women and men conceptualize romantic love. Three factors of romantic love were identified for women, and six were identified for men (See tables 20 and 21 respectively to see all of the factors identified for women and men). Two identified factors were similar for women and men. One was a factor related to positive emotions and behaviors. Positive emotions and behaviors seem to be a part of the concept of romantic love for both women and men. However, the results indicate that men associate a greater number of positive attributes with romantic love. Men appear to have a more general positive emotions component of romantic love than women. The positive emotions factor for men contained 72 items compared to the 41 items found in the positive emotions factor identified for women. Additionally, a factor related to negative emotions and behaviors was found for both women and men. While this negative emotions factor was similar for both genders, one difference was that the negative emotions factor of romantic love for men included some behaviors related to increased proximity and/or intimacy in a relationship. Perhaps men have a few reservations and/or negative connotations with increased closeness, either physical or emotional. Possible reasons for this may be cultural expectations, past experiences, or perhaps some other factor. These are all just hypotheses and topics for another study. Overall, the results

suggest that regardless of gender individual's conceptualization of romantic love includes both positive and negative emotions. While there may be some subtle differences between these factors for women and men, both genders include positive and negative emotions in their concept of romantic love. However, this is still an issue that should be considered when examining the results of the current study.

Another issue to consider is related to the ability to generalize the results of the current investigation. Study 1 and study 2 drew upon different groups for participants. Consequently, the results of study 1 and study 2 may represent how different groups of individuals conceptualize romantic love. If this was the case, it would not be possible to directly compare the results of the two studies. All of the participants in study 1 were drawn from the campus of the State University of New York at New Paltz. Accordingly, the results of study 1 might reflect how individuals on a college campus in the northeast of the United States of America conceptualize romantic love. Conversely, the sampling pool for study 2 included both SUNY New Paltz and the internet community. The exact composition of the participants recruited from the internet community sampling pool is unclear. The differences between sampling pools might explain some of the differences found between the grouping analyses and the factor analyses in studies 1 and 2. While there were many similarities in the results of study 1 and study 2, the difference in sampling pools is another issue to consider when examining the results of the current study.

A third issue is that different methods of data collection were used in study 1 and study 2. In study 1, all of the participants completed a paper version of the study in person. For study 2, all but one of the participants completed the study online and not in

the presence of the researcher. Perhaps individuals were more willing to share their feelings and thoughts about romantic love while completing the online version of the study. This would indicate that the results of study 1 signify the conceptualization of romantic love that individuals present to others, but may not represent how individuals actually conceptualization romantic love. Study 2 would then signify how some individuals conceptualize romantic love. Conversely, perhaps participants were reluctant to share their feelings about romantic love while completing the less personal online version of the study. They may have felt uncomfortable revealing their feelings and thoughts about romantic love to an impersonal computer. If this were true, the results of study 1 would better represent how individuals conceptualize romantic love and the results of study 2 may represent how individuals superficially express feelings of romantic love. The different methods of data collection should be considered when interpreting the results.

The present investigation suggests a few possible directions for future research. One possible future study could examine whether or not women and men have different conceptualizations of romantic love. The present investigation suggests that while there may be a shared concept of romantic love across genders, there may also be some slight differences. A second potential study would be to replicate the present study with participants from a variety of different sampling pools. This would address the question of whether or not the results of the current investigation reflect how individuals conceptualize romantic love, or perhaps whether the results represent how college students (study 1) or individuals who utilize the internet (study 2) conceptualize romantic love. A study of this nature would also identify whether there are some common factors

of romantic love for all individuals. A third possible future study could be to replicate the present study, but focus on comparing the results based upon whether or not an individual completed the study in person or on the internet. This type of study would examine whether or not the method of data collection influences how participants respond to the questionnaire. It would also serve to examine if an individual's willingness to reveal personal information about romantic love is affected by the method of data collection. All of the previously described future studies would also serve to substantiate the results of the current investigation. Furthermore, another direction for a future study would be to examine how individuals conceptualize the opposite of romantic love. The results of study 2 suggest that there may be some common themes in how individuals conceptualize the opposite of romantic love. This could be the topic of another study in the future. A fifth future study could also examine a contradiction found in the results. Primarily, negative attributes were not associated with romantic love. However, the results of the principal component factor analysis suggested that a negative emotions factor of romantic love exists. A future study which examined whether or not individuals expected to experience negative emotions, behaviors, and attitudes in a romantic relationship might help clarify this incongruity. Perhaps individuals expect negative attributes and events in a romantic relationship, but do not want to consider them a part of romantic love. A study of this nature would help better interpret the results of the current investigation.

Overall, the results indicate that positive attributes form a large component of the concept of romantic love for many individuals. In addition, positive emotions were found to be a common factor of romantic love. It appears that individual's concept of

romantic love includes positive emotions, excellent communication, supportive physical

behavior, a timeless quality, and the expectation that they deserve to, and will, find it.

Additionally, while individuals do not appear to associate negative attributes with

romantic love, the results suggest that negative emotions may be a part of how

individuals conceptualize romantic love. Therefore, it is unclear whether or not negative

attributes are included in an individual's concept of romantic love. In general, it seems

that when people refer to the emotion of romantic love, they have a basic understanding

of what constitutes romantic love. So when someone sits and questions "what is love"

the day before his or her wedding, it appears as if there is an answer to his or her

question, even thought they may not be able to articulate it.

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Table 1
Self-reported demographic information of participants in study 1

Ethnicity	#	Current Relationship Status	#	Relationship Status of Parents	#
African American	0 (0%)	Single	13 (24.1%)	Divorced (neither remarried)	6 (11.1%)
Asian American	2 (3.7%)	New Relationship (less than three months)	2 (3.7%)	Divorced (one remarried)	6 (11.1%)
Hispanic	7 (13%)	Long-Term Relationship (more than three months)	33 (61.1%)	Divorced (both remarried)	3 (5.6%)
Native-American/Eskimo	1 (1.9%)	Engaged/Married	6 (11.1%)	Married	31 (57.4%)
Other	5 (9.3%)	*Missing*	0 (0%)	Never Married	3 (5.6%)
White (Non-Hispanic)	39 (72.2%)			Other	1 (1.9%)
Missing	0 (0%)			Widowed	0 (0%)
				Missing	2 (3.7%)
Total	54	Total	54	Total	54

Table 2

Emotions, behaviors, and attitudes that were found to be very associated with romantic love in study 1

Variable	Mean	Standard Deviation
Feeling like someone loves you	12.59	0.813
Being honest with your partner	12.57	0.767
Passionate	12.31	1.096
Kissing your partner	12.31	1.043
Listening to your partner	12.3	0.924
Compassion	12.28	1.036
Talking to your partner	12.24	1.413
Telling your partner "I love you"	12.22	1.41
Compromise	12.11	1.462
Satisfying	12.04	1.288
Comforting	11.98	1.236
Pleasurable	11.96	1.149
Commitment	11.96	1.554
Worthwhile	11.94	1.352
Devotion	11.93	1.372
Sexual acts with your partner	11.91	1.404
Understanding	11.89	1.093
Laughing with your partner	11.87	1.66
Helping your partner grow as a person	11.81	1.611
Joyous	11.76	1.258
Hugging your partner	11.74	1.403
Fulfilling	11.74	1.262
Sharing with your partner	11.59	1.296
Helping	11.54	1.969
Wonderful	11.52	1.501
Uplifting	11.5	1.285
Introducing your partner to you friends/family as a your boyfriend/girlfriend	11.48	2.072
Reciprocal	11.46	1.92
Protecting	11.46	1.313
Accepting	11.41	1.688
Forgiving	11.26	1.845
Warmth	11.24	1.529
Sleeping in the same bed with your partner	11.09	2.325
Holding hands with your partner	11.06	1.975

Table 3

Emotions, behaviors, and attitudes found to be moderately associated with romantic love in study 1

Variable	Mean	Standard Deviation
Adoration	10.96	1.704
Inspiring	10.96	2.028
Defending your partner	10.87	2.198
Asking your partner about his/her day	10.85	2.032
Tenderness	10.81	1.823
Putting your arm around your partner	10.81	1.914
Security	10.74	2.138
Calling your partner	10.69	2.305
Praising your partner	10.56	2.508
Sympathy	10.54	2.143
Relaxing	10.46	2.313
Complementing your partner to his/her face	10.44	3.007
Something that will happen to me	10.39	2.587
Making a meal for your partner	10.35	1.905
Going out with friends and your partner	10.28	2.498
Not keeping any secrets from your partner	10.24	2.99
Complementing your partner to others	10.09	2.301
Forever	10.06	2.993
Giving your partner a massage	9.96	2.083
Everlasting	9.91	3.199
Horseplay with your partner	9.87	2.19
Enduring	9.85	2.58
Being able to feel vulnerable	9.81	2.947
Dancing with your partner	9.76	2.547
Exchanging gifts with your partner	9.65	2.129
Running your hand through your partner's hair	9.63	2.157
Spontaneous	9.59	2.15
Living with your partner	9.5	3.468
Sitting near your partner	9.5	2.867
Taking pictures of your partner	9.43	2.931
Going on vacation with your partner	9.28	3.183
Tickling your partner	9.28	2.543
Going to the movies with your partner	9.28	2.602
Deserved	9.19	3.169
Putting your hand on your partner's back	9.17	2.369
Writing a letter/email to your partner	9.04	2.959

Table 4

Emotions, behaviors, and attitudes that were found to be slightly associated with romantic love in study 1

Variable	Mean	Standard Deviation
Remaining independent from your partner	8.8	3.123
Putting your hand on your partner's knee	8.76	2.855
Requires a lot of effort	8.74	3.085
Not liking everything about your partner	8.72	3.241
Changing	8.67	2.894
Helping your partner stand up	8.65	3.551
Love at first sight	8.37	3.493
Disagreeing with your partner	8.22	2.752
Putting your needs before your partner's	8.09	3.568

Table 5

Emotions, behaviors, and attitudes that were found to be neutral in study 1

Variable	Mean	Standard Deviation
Rubbing your partner's feet	7.78	3.312
Throwing a party with your partner	7.52	3.082
Silence	7.48	3.249
Necessary	7.31	3.347
Crying	6.94	3.2
Going out with friends but not your partner	6.89	3.19
Overwhelming	6.87	3.192
Wearing a ring	6.8	3.935
Arguing with your partner	6.59	3.123
Confusing	6.54	3.357
Feeling dependent	6.48	3.19
Fleeting	6.09	3.122

Table 6

Emotions, behaviors, and attitudes found to be not associated with romantic love and slightly closer to the opposite of it in study 1

Variable	Mean	Standard Deviation
Accidental	5.85	3.212
Limiting	5.76	3.009
Leaving an occasion without your partner	5.59	3.087
Unchanging	5.52	3.307
Painful	5.26	3.727
Aggravating	5.15	3.159

Table 7

Emotions, behaviors, and attitudes found to be not associated with romantic love and moderately associated with the opposite of it in study 1

Variable	Mean	Standard Deviation
Annoying	4.85	3.177
Upsetting	4.83	3.179
Restricting	4.28	2.777
Frightening	4.2	3.626
Flirting with someone besides your partner	4.04	2.914
I will only find love if I am lucky	3.91	2.922
Hurtful	3.91	3.246
Disappointing	3.8	2.777
Bothersome	3.76	2.774
Brief	3.74	2.534
Depressing	3.43	2.765
Pushing your partner	3.17	3.033

Table 8

Emotions, behaviors, and attitudes found to be not associated with romantic love and very associated with the opposite of it in study 1

Variable	Mean	Standard Deviation
Sitting across the room from your partner	2.78	2.304
Your relationship feels like an obligation	2.57	2.567
Undeserved	2.5	2.143
Ignoring	2.33	1.843
Lying to your partner	2.3	2.034
Insulting your partner in front of other people	2.02	1.665
Not talking to your partner at a party	1.94	1.676
Hitting your partner	1.54	1.745
Spitting on your partner	1.52	1.397

Table 9
Possible factors of romantic love found study 1.

Variable	Correlation			
	Factor 1 Social Symbols	Factor 2 Negative Emotions	Factor 3 Personal Reminders	Factor 4 Expectations
Being honest with your partner	0.717			
Putting your hand on your partner's back	0.679			
Sharing with your partner	0.663			
Holding hands with your partner	0.656			
Insulting your partner in front of other people	-0.613			
Hugging your partner	0.598			
Giving your partner a massage	0.58			
Exchanging gifts with your partner	0.573			
Running your hand through your partner's hair	0.559			
Going on vacation with your partner	0.558			
Asking your partner about his/her day	0.548			
Living with your partner	0.547			
Helping your partner grow as a person	0.535			
Frightening	-0.53			
Joyous	0.527			
Ignoring	-0.525			
Disappointing		0.651		
Aggravating		0.634		
Disagreeing with your partner		0.621		
Upsetting		0.59		
Bothersome		0.575		
Arguing with your partner		0.573		
Hurtful		0.565		
Overwhelming		0.547		
Painful		0.533		
Crying		0.518		
Forgiving		0.516		
Sleeping in the same bed with your partner		-0.505		
Calling your partner			0.631	
Limiting			0.548	
Introducing your partner to you friends/family as a your boyfriend/girlfriend			0.531	
Taking pictures of your partner			0.517	
Compassion			-0.516	
Writing a letter/email to your partner			0.502	
Something that will happen to me				-0.555
Unchanging				0.535
Feeling like someone loves you				-0.524
Helping your partner stand up				0.509
Kissing your partner				
Restricting				
Enduring				

Three additional factors, each comprised of one item, were also identified. They were "kissing your partner" (coefficient = .543), "restricting" (coefficient = -.525), and "enduring" (coefficient = .513). These factors are not contained on the above table.

Table 10

Participant self-reported demographic information for study 2

Ethnicity	#	Current Relationship Status	#	Relationship Status of Parents	#
African American	7 (2.2%)	Single	97 (30.3%)	Divorced (neither remarried)	30 (9.4%)
Asian American	3 (.9%)	New Relationship (less than three months)	14 (4.4%)	Divorced (one remarried)	36 (11.3%)
Hispanic	17 (5.35)	Long-Term Relationship (more than three months)	165 (51.6%)	Divorced (both remarried)	15 (4.7%)
Native-American/Eskimo	0 (0%)	Engaged/Married	44 (13.8%)	Married	198 (61.9%)
Other	8 (2.5%)	*Missing*	0 (0%)	Never Married	13 (4.1%)
White (Non-Hispanic)	274 (85.6%)			Other	14 (4.1%)
Multiple	9 (2.8%)			Widowed	14 (4.1%)
Missing	2 (.6%)			*Missing*	0 (0%)
Total	320	Total	320	Total	320

Table 11

Emotions, behaviors, and attitudes that were found to be very associated with romantic love in study 2

Variable	Mean	Standard Deviation
Trust	12.45	1.397
Being honest with your partner	12.28	1.458
Commitment	12.28	1.607
Talking to your partner	12.18	1.634
Kissing your partner	12.14	1.741
Listening to your partner	12.06	1.585
Feeling like someone loves you	12.03	1.739
Telling your partner "I love you"	11.88	2.125
Worthwhile	11.87	1.653
Devotion	11.82	1.85
Understanding	11.82	1.674
Joyous	11.76	1.686
Compromise	11.75	1.902
Passionate	11.72	1.78
Comforting	11.66	1.816
Helping your partner grow as a person	11.65	1.891
Compassion	11.63	1.808
Laughing with your partner	11.6	2.105
Sharing with your partner	11.58	1.862
Sexual acts with your partner	11.56	2.088
Protecting	11.54	1.692
Satisfying	11.54	1.701
Fulfilling	11.45	1.98
Pleasurable	11.44	1.864
Hugging your partner	11.34	2.008
Wonderful	11.28	1.986
Warmth	11.28	1.971
Introducing your partner to you friends/family as a your boyfriend/girlfriend	11.24	2.212
Reciprocal	11.24	2.286
Sleeping in the same bed with your partner	11.23	2.259
Uplifting	11.2	2.01
Forgiving	11.18	2.052
Accepting	11.05	2.178
Helping	11.01	2.37
Calling your partner	11	2.281

Table 12

Emotions, behaviors, and attitudes found to be moderately associated with romantic love in study 2

Variable	Mean	Standard Deviation
Tenderness	10.99	2.123
Defending your partner	10.97	2.108
Inspiring	10.97	2.13
Asking your partner about his/her day	10.79	2.192
Holding hands with your partner	10.71	2.32
Security	10.69	2.326
Adoration	10.68	2.161
Praising your partner	10.67	2.094
Putting your arm around your partner	10.58	2.271
Sympathy	10.39	2.493
Sitting near your partner	10.39	2.531
Enduring	10.37	2.533
Relaxing	10.35	2.223
Something that will happen to me	10.31	3.14
Going out with friends and your partner	10.19	2.561
Not keeping any secrets from your partner	10.16	2.803
Forever	10.12	3.177
Giving your partner a massage	10.1	2.511
Complementing your partner to his/her face	10.06	2.511
Everlasting	10.03	3.138
Horseplay with your partner	9.98	2.294
Taking pictures of your partner	9.94	2.762
Running your hand through your partner's hair	9.92	2.736
Going on vacation with your partner	9.87	2.835
Complementing your partner to others	9.85	2.533
Making a meal for your partner	9.75	2.597
Deserved	9.69	3.208
Writing a letter/email to your partner	9.61	2.934
Tickling your partner	9.56	2.656
Putting your hand on your partner's knee	9.46	2.628
Going to the movies with your partner	9.45	2.717
Dancing with your partner	9.43	2.909
Not liking everything about your partner	9.33	2.874
Being able to feel vulnerable	9.32	3.257
Exchanging gifts with your partner	9.27	2.857
Living with your partner	9.23	3.287
Spontaneous	9.2	2.555
Putting your hand on your partner's back	9.2	2.858
Helping your partner stand up	9.01	3.105

Table 13

Emotions, behaviors, and attitudes that were found to be slightly associated with romantic love in study 2

Variable	Mean	Standard Deviation
Changing	8.81	2.792
Requires a lot of effort	8.77	3.264
Remaining independent from your partner	8.47	2.834
Wearing a commitment, engagement, or wedding ring	8.2	3.935
Disagreeing with your partner	8.2	2.504

Table 14

Emotions, behaviors, and attitudes found to be neutral in study 2

Variable	Mean	Standard Deviation
Necessary	7.89	3.56
Rubbing your partner's feet	7.87	3.543
Putting your needs before your partner's	7.75	3.469
Going out with friends but not your partner	7.45	3.282
Crying	7.34	3.252
Silence	7.2	3.726
Love at first sight	7.19	3.518
Throwing a party with your partner	7.08	3.26
Feeling dependent	6.77	3.12
Confusing	6.6	3.151
Arguing with your partner	6.59	3.299
Overwhelming	6.3	3.36
Frustrating	6.24	3.183

Table 15

Emotions, behaviors, and attitudes that were found to be not associated with romantic love and slightly associated with the opposite of it in study 2

Variable	Mean	Standard Deviation
Leaving an occasion without your partner	5.26	3.269
Aggravating	5.24	3.12
Annoying	5.21	3.163
Limiting	5.2	2.996
Upsetting	5.08	3.333

Table 16

Emotions, behaviors, and attitudes found to be not associated with romantic love and moderately associated with the opposite of it in study 2

Variable	Mean	Standard Deviation
Unchanging	4.96	3.155
Painful	4.74	3.37
I will only find love if I am lucky	4.66	3.782
Restricting	4.65	3.309
Fleeting	4.62	3.019
Frightening	4.55	3.587
Disappointing	4.48	2.971
Sitting across the room from your partner	4.11	2.804
Hurtful	4.03	3.534
Flirting with someone besides your partner	3.97	2.875
Brief	3.79	2.85
Depressing	3.68	2.704
Bothersome	3.63	2.636
Your relationship feels like an obligation	3.08	2.945
Undeserved	3.06	2.748

Table 17

Emotions, behaviors, and attitudes found to be not associated with romantic love and very associated with the opposite of it in study 2

Variable	Mean	Standard Deviation
Lying to your partner	2.84	2.624
Not talking to your partner at a party	2.78	2.544
Ignoring	2.57	2.25
Insulting your partner in front of other people	2.11	2.2
Pushing your partner to the ground	1.92	2.189
Spitting on your partner	1.69	1.994
Hitting your partner	1.64	1.9

Table 18
Possible factors of romantic love found in study 2.

Variable	Factor Loading Coefficients			
	Factor 1 Positive Emotions and Rewards	Factor 2 Negative Emotions	Factor 3 Time	Factor 4 Physical Violence
Listening to your partner	0.813			
Understanding	0.796			
Compassion	0.788			
Kissing your partner	0.772			
Comforting	0.77			
Fulfilling	0.766			
Pleasurable	0.766			
Sharing with your partner	0.762			
Talking to your partner	0.757			
Uplifting	0.746			
Praising your partner	0.742			
Tenderness	0.74			
Protecting	0.739			
Hugging your partner	0.738			
Joyous	0.736			
Warmth	0.731			
Trust	0.73			
Wonderful	0.724			
Being honest with your partner	0.72			
Telling your partner "I love you"	0.709			
Putting your arm around your partner	0.701			
Accepting	0.694			
Commitment	0.69			
Asking your partner about his/her day	0.69			
Calling your partner	0.68			
Feeling like someone loves you	0.677			
Devotion	0.666			
Giving your partner a massage	0.661			
Relaxing	0.655			
Holding hands with your partner	0.654			
Introducing your partner to you friends/family as a your boyfriend/girlfriend	0.644			
Inspiring	0.642			
Compromise	0.639			
Adoration	0.634			
Sitting near your partner	0.633			
Helping your partner grow as a person	0.631			
Complementing your partner to others	0.619			
Laughing with your partner	0.614			
Going out with friends and your partner	0.604			
Satisfying	0.603			
Forgiving	0.598			
Worthwhile	0.595			
Complementing your partner to his/her face	0.593			
Running your hand through your partner's hair	0.583			
Defending your partner	0.582			
Putting your hand on your partner's knee	0.573			

Variable	Factor Loading Coefficients			
	Factor 1 Positive Emotions and Rewards	Factor 2 Negative Emotions	Factor 3 Time	Factor 4 Physical Violence
Security	0.565			
Taking pictures of your partner	0.563			
Helping	0.556			
Going on vacation with your partner	0.548			
Passionate	0.542			
Dancing with your partner	0.541			
Reciprocal	0.53			
Going to the movies with your partner	0.529			
Making a meal for your partner	0.523			
Enduring	0.516			
Tickling your partner	0.513			
Exchanging gifts with your partner	0.504			
Disappointing		0.782		
Aggravating		0.764		
Upsetting		0.741		
Hurtful		0.732		
Bothersome		0.726		
Frustrating		0.715		
Restricting		0.682		
Painful		0.676		
Disagreeing with your partner		0.647		
Depressing		0.64		
Arguing with your partner		0.627		
Crying		0.622		
Confusing		0.622		
Ignoring		0.58		
Annoying		0.544		
Lying to your partner		0.509		
Forever			0.602	
Everlasting			0.523	
Hitting your partner				0.513
Pushing your partner to the ground				0.503

Table 19

Items placed in the same categories by the grouping analyses in studies 1 and 2

Very Associated With Romantic Love (33 Items)	Moderately Associated With Romantic Love (35 Items)	Slightly Associated with Romantic Love (4 Items)	Neutral (10 Items)	Not Associated With Romantic Love and Slightly Associated With the Opposite of It (3 Items)	Not Associated With Romantic Love and Moderately Associated With the Opposite of It (9 Items)	Not Associated With Romantic Love and Very Associated With the Opposite of It (6 Items)
Accepting	Adoration	Changing	Arguing with your partner	Aggravating	Bothersome	Hitting your partner
Being honest with your partner	Asking your partner about his/her day	Disagreeing with your partner	Confusing	Leaving an occasion without your partner	Brief	Ignoring
Comforting	Being able to feel vulnerable	Remaining independent from your partner	Crying	Limiting	Depressing	Insulting your partner in front of other people
Commitment	Complementing your partner to his/her face	Requires a lot of effort	Feeling dependent		Disappointing	Lying to your partner
Compassion	Complementing your partner to others		Going out with friends but not your partner		Flirting with someone besides your partner	Not talking to your partner at a party
Compromise	Dancing with your partner		Necessary		Frightening	Spitting on your partner
Devotion	Defending your partner		Overwhelming		Hurtful	
Feeling like someone loves you	Deserved		Putting your needs before your partner's		I will only find love if I am lucky	
Forgiving	Enduring		Silence		Restricting	
Fulfilling	Everlasting		Throwing a party with your partner			
Helping	Exchanging gifts with your partner					
Helping your partner grow as a person	Forever					
Hugging your partner	Giving your partner a massage					

Very Associated With Romantic Love (33 Items)	Moderately Associated With Romantic Love (35 Items)	Slightly Associated with Romantic Love (4 Items)	Neutral (10 Items)	Not Associated With Romantic Love and Slightly Associated With the Opposite of It (3 Items)	Not Associated With Romantic Love and Moderately Associated With the Opposite of It (9 Items)	Not Associated With Romantic Love and Very Associated With the Opposite of It (6 Items)
Introducing your partner to you friends/family as a your boyfriend/girlfriend	Going on vacation with your partner					
Joyous	Going out with friends and your partner					
Kissing your partner	Going to the movies with your partner					
Laughing with your partner	Horseplay with your partner					
Listening to your partner	Inspiring					
Passionate	Living with your partner					
Pleasurable	Making a meal for your partner					
Protecting	Not keeping any secrets from your partner					
Reciprocal	Praising your partner					
Satisfying	Putting your arm around your partner					
Sexual acts with your partner	Putting your hand on your partner's back					
Sharing with your partner	Relaxing					
Sleeping in the same bed with your partner	Running your hand through your partner's hair					
Talking to your partner	Security					
Telling your partner "I love you"	Sitting near your partner					

Very Associated With Romantic Love (33 Items)	Moderately Associated With Romantic Love (35 Items)	Slightly Associated with Romantic Love (4 Items)	Neutral (10 Items)	Not Associated With Romantic Love and Slightly Associated With the Opposite of It (3 Items)	Not Associated With Romantic Love and Moderately Associated With the Opposite of It (9 Items)	Not Associated With Romantic Love and Very Associated With the Opposite of It (6 Items)
Understanding	Something that will happen to me					
Uplifting	Spontaneous					
Warmth	Sympathy					
Wonderful	Taking pictures of your partner					
Worthwhile	Tenderness					
	Tickling your partner					
	Writing a letter/email to your partner					

Table 20

Identified factors of romantic love for women in study 2

Variable	Factor Loading Coefficient		
	Factor 1 Positive Emotions	Factor 2 Negative Emotions	Factor 3
Uplifting	0.683		
Listening to your partner	0.681		
Praising your partner	0.678		
Tenderness	0.675		
Satisfying	0.664		
Fulfilling	0.659		
Compassion	0.659		
Pleasurable	0.659		
Warmth	0.653		
Understanding	0.65		
Hugging your partner	0.648		
Putting your arm around your partner	0.625		
Sharing with your partner	0.619		
Wonderful	0.618		
Protecting	0.612		
Comforting	0.61		
Kissing your partner	0.604		
Worthwhile	0.603		
Joyous	0.599		
Giving your partner a massage	0.596		
Asking your partner about his/her day	0.592		
Accepting	0.587		
Holding hands with your partner	0.583		
Talking to your partner	0.58		
Calling your partner	0.58		
Complementing your partner to others	0.577		
Relaxing	0.577		
Passionate	0.57		
Running your hand through your partner's hair	0.557		
Sitting near your partner	0.554		
Telling your partner "I love you"	0.547		
Dancing with your partner	0.546		
Inspiring	0.544		
Complementing your partner to his/her face	0.542		
Going on vacation with your partner	0.53		
Putting your hand on your partner's knee	0.53		
Adoration	0.525		
Sleeping in the same bed with your partner	0.521		
Introducing your partner to you friends/family as a your boyfriend/girlfriend	0.519		
Sexual acts with your partner	0.514		
Going out with friends and your partner	0.513		
Disappointing		0.773	
Aggravating		0.762	
Upsetting		0.755	

Variable	Factor Loading Coefficient		
	Factor 1 Positive Emotions	Factor 2 Negative Emotions	Factor 3
Bothersome		0.714	
Frustrating		0.708	
Restricting		0.673	
Painful		0.657	
Arguing with your partner		0.636	
Crying		0.628	
Depressing		0.618	
Disagreeing with your partner		0.615	
Confusing		0.598	
Ignoring		0.565	
Overwhelming		0.551	
Lying to your partner		0.532	
Annoying		0.531	
Forever			0.619
Everlasting			0.52

Table 21

Identified factors of romantic love for men in study 2

Variable	Factor Loading Coefficient				
	Factor 1 Positive Emotions	Factor 2 Negative Emotions	Factor 3	Factor 4	Factor 5
Trust	0.954				
Commitment	0.951				
Understanding	0.947				
Telling your partner "I love you"	0.943				
Kissing your partner	0.943				
Wonderful	0.94				
Feeling like someone loves you	0.939				
Fulfilling	0.937				
Compassion	0.937				
Talking to your partner	0.936				
Devotion	0.936				
Comforting	0.935				
Warmth	0.935				
Introducing your partner to you friends/family as a your boyfriend/girlfriend	0.932				
Listening to your partner	0.932				
Pleasurable	0.924				
Joyous	0.923				
Being honest with your partner	0.915				
Protecting	0.912				
Sharing with your partner	0.91				
Calling your partner	0.908				
Praising your partner	0.895				
Adoration	0.888				
Relaxing	0.884				
Hugging your partner	0.883				
Putting your arm around your partner	0.882				
Accepting	0.878				
Laughing with your partner	0.876				
Reciprocal	0.874				
Holding hands with your partner	0.873				
Uplifting	0.868				
Tenderness	0.865				
Helping your partner grow as a person	0.86				
Asking your partner about his/her day	0.859				
Complementing your partner to others	0.846				
Giving your partner a massage	0.842				
Enduring	0.831				
Tickling your partner	0.829				
Compromise	0.828				

Variable	Factor Loading Coefficient				
	Factor 1 Positive Emotions	Factor 2 Negative Emotions	Factor 3	Factor 4	Factor 5
Sitting near your partner	0.828				
Putting your hand on your partner's knee	0.826				
Security	0.824				
Taking pictures of your partner	0.82				
Defending your partner	0.81				
Forgiving	0.803				
Making a meal for your partner	0.807				
Exchanging gifts with your partner	0.801				
Helping	0.793				
Sympathy	0.784				
Going out with friends and your partner	0.776				
Inspiring	0.776				
Putting your hand on your partner's back	0.773				
Going on vacation with your partner	0.759				
Going to the movies with your partner	0.755				
Running your hand through your partner's hair	0.7				
Changing	0.7				
Forever	0.689				
Everlasting	0.68				
Pushing your partner to the ground	-0.679				
Writing a letter/email to your partner	0.678				
Something that will happen to me	0.55				
Hitting your partner	-0.654				
Rubbing your partner's feet	0.653				
Complementing your partner to his/her face	0.648				
Dancing with your partner	0.642				
Spontaneous	0.629				
Deserved	0.613				
Not keeping any secrets from your partner	0.606				
Not liking everything about your partner	0.576				
Throwing a party with your partner	0.554				
Feeling dependent	0.518				
Wearing a commitment, engagement, or wedding ring	0.517				
Disappointing		0.832			
Disagreeing with your partner		0.821			
Bothersome		0.799			
Aggravating		0.776			
Restricting		0.759			
Depressing		0.714			
Confusing		0.699			
Frustrating		0.699			
Painful		0.698			
Annoying		0.691			
Hurtful		0.691			
Worthwhile		0.671			
Sleeping in the same bed with your partner		0.669			
Ignoring		0.646			

Variable	Factor Loading Coefficient				
	Factor 1 Positive Emotions	Factor 2 Negative Emotions	Factor 3	Factor 4	Factor 5
Sexual acts with your partner		0.636			
Limiting		0.625			
Satisfying		0.607			
Fleeting		0.602			
Passionate		0.599			
Arguing with your partner		0.598			
Crying		0.582			
Helping your partner stand up		0.572			
Horseplay with your partner		0.537			
Frightening		0.536			
Your relationship feels like an obligation		0.528			
Living with your partner		0.524			
Not talking to your partner at a party		0.505			
Leaving an occasion without your partner			0.679		
Going out with friends but not your partner			0.653		
Unchanging			-0.624		
Necessary			-0.542		
Insulting your partner in front of other people				0.599	
Spitting on your partner				0.552	
Undeserved					0.6
Love at first sight					0.596

Additionally, one factor with one item was also identified. This factor contained the item "overwhelming."

Directions: Please use the scale to rate the following words and behaviors based on how much you think the words and behaviors are associated with the emotion of romantic love. A 13 means it is very associated with romantic love, a 7 means that it is neutral, and a 1 means it is not associated to romantic love at all and is closer to the opposite of romantic love. For this study, romantic love is defined as the love experienced between two individuals who are in an exclusive relationship. Specifically, partners who are dating exclusively, engaged, or married. Please do not rate how you feel about the words or behaviors, but rather how much these words and behaviors relate to the idea of romantic love. Please do not spend a lot of time thinking about the word or behavior and use your first response.

1.   Complementing your partner to his/her face

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

2.   Defending your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

3.   Helping

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

4.   Annoying

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

5.   Requires a lot of effort

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

6.   Laughing with your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

7.   Depressing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

8.   Painful

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

9.   Frustrating

1   2   3   4   5   6   7   8   9   10   11   12   13
The opposite   Not associated   Very associated

10.   Confusing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

11.   Not keeping any secrets from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

12.   Wearing a ring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

13.   Enduring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

14. Sympathy

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

15. Feeling like someone loves you

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

16. Joyous

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

17. Something that will happen to me

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

18. Fleeting

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

19. Security

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

20. Putting your needs before your partner's

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

21. Horseplay with your partner

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

22.   Adoration

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

23.   Feeling dependent

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

24.   Spontaneous

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

25.   Introducing your partner to you friends/family as a your boyfriend/girlfriend

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

26.   Reciprocal

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

27.   Throwing a party with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

28.   Limiting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

29.   Complementing your partner to others

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

30.   Going on vacation with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

31.   Spitting on your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

32.   Putting your hand on your partner's back

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

33.   Insulting your partner in front of other people

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

34.   Arguing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

35.   Relaxing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

36.   Sleeping in the same bed with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

37.   Uplifting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

38. Giving your partner a massage

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

39. Protecting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

40. Aggravating

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

41. Disappointing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

42. Bothersome

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

43. Living with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

44. Holding hands with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

45. Necessary

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

46. Helping your partner stand up

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

47. Changing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

48. Forgiving

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

49. Brief

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

50. Not talking to your partner at a party

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

51. Sitting across the room from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

52. Hugging your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

53. Satisfying

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

54.   Upsetting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

55.   Passionate

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

56.   Restricting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

57.   Listening to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

58.   Rubbing your partner's feet

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

59.   Helping your partner grow as a person

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

60.   Deserved

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

61.   Praising your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

62.   Putting your hand on your partner's knee

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

63.   Everlasting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

64.   Sharing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

65.   Ignoring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

66.   Tenderness

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

67.   Tickling your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

68.   Going to the movies with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

69.   I will only find love if I am lucky

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

70.   Accepting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

71.   Putting your arm around your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

72.   Exchanging gifts with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

73.   Unchanging

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

74.   Overwhelming

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

75.   Wonderful

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

76.   Love at first sight

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

77.   Making a meal for your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

78.   Compromise

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

79.   Devotion

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

80.   Calling your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

81.   Remaining independent from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

82.   Pleasurable

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

83.   Crying

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

84.   Disagreeing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

85.   Sexual acts with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

86.   Flirting with someone besides your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

87.   Being able to feel vulnerable

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

88.   Talking to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

89.   Kissing your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

90.   Silence

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

91.   Pushing your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

92.   Telling your partner "I love you"

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

93.   Being honest with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

94.   Writing a letter/email to your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

95.   Inspiring

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

96.   Hurtful

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

97. Warmth

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

98.   Hitting your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

99.   Comforting

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

100. Going out with friends but not your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

101. Dancing with your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

102. Compassion

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

103. Accidental

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

104. Commitment

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

105. Not liking everything about your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

106. Understanding

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

107. Sitting near your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

108. Your relationship feels like an obligation

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

109. Undeserved

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

110. Running your hand through your partner's hair

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

111. Frightening

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

112. Going out with friends and your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

113. Fulfilling

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

114. Forever

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

115. Taking pictures of your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

116. Lying to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

117. Asking your partner about his/her day

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

118. Leaving an occasion without your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

119. Worthwhile

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

120. Other (Please write in any word you feel should have been included)_____

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

Directions: Please use the scale to rate the following emotions, behaviors, and attitudes based on how much you think the emotions, behaviors, and attitudes are associated with the emotion of romantic love. A 13 means it is very associated with romantic love, a 7 means that it is neutral, and a 1 means it is not associated to romantic love at all and is closer to the opposite of romantic love. For this study, romantic love is defined as the love experienced between two individuals who are in an exclusive relationship. Some examples of exclusive relationships are dating exclusively, being engaged, or being married. Please do not rate how you feel about the emotions, behaviors, and attitudes, but rather how much these emotions, behaviors, and attitudes relate to the idea of romantic love. Please do not spend a lot of time thinking about them and use your first response.

1.   Complementing your partner to his/her face

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

2.   Defending your partner

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

3.   Helping

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

4.   Annoying

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

5.   Requires a lot of effort

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

6.   Laughing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

7.   Depressing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

8.   Painful

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

9.   Frustrating

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

10.   Confusing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

11.   Not keeping any secrets from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

12.   Wearing a commitment, engagement, or wedding ring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

13.   Enduring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

14. Sympathy

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

15. Feeling like someone loves you

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

16. Joyous

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

17. Something that will happen to me

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

18. Fleeting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

19. Security

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

20. Putting your needs before your partner's

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

21. Horseplay with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

22. Adoration

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

23. Feeling dependent

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

24. Spontaneous

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

25. Introducing your partner to you friends/family as a your boyfriend/girlfriend

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

26. Reciprocal

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

27. Throwing a party with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

28. Limiting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

29. Complementing your partner to others

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

30.   Going on vacation with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

31.   Spitting on your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

32.   Putting your hand on your partner's back

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

33.   Insulting your partner in front of other people

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

34.   Arguing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

35.   Relaxing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

36.   Sleeping in the same bed with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

37.   Uplifting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

38.   Giving your partner a massage

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

39.   Protecting

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

40.   Aggravating

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

41.   Disappointing

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

42.   Bothersome

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

43.   Living with your partner

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

44.   Holding hands with your partner

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

45.   Necessary

1	2	3	4	5	6	7	8	9	10	11	12	13
Not associated						Neutral					Very associated	

46. Helping your partner stand up

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

47. Changing

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

48. Forgiving

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

49. Brief

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

50. Not talking to your partner at a party

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

51. Sitting across the room from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

52. Hugging your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

53. Satisfying

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

54. Upsetting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

55. Passionate

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

56. Restricting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

57. Listening to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

58. Rubbing your partner's feet

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

59. Helping your partner grow as a person

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

60. Deserved

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

61. Praising your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

62. Putting your hand on your partner's knee

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

63. Everlasting

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

64. Sharing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

65. Ignoring

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

66. Tenderness

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

67. Tickling your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

68. Going to the movies with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

69. I will only find love if I am lucky

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

70.   Accepting

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

71.   Putting your arm around your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

72.   Exchanging gifts with your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

73.   Unchanging

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

74.   Overwhelming

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

75.   Wonderful

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

76.   Love at first sight

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

77.   Making a meal for your partner

1	2	3	4	5	6	7	8	9	10	11	12	13

Not associated   Neutral   Very associated

78.   Compromise

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

79.   Devotion

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

80.   Calling your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

81.   Remaining independent from your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

82.   Pleasurable

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

83.   Crying

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

84.   Disagreeing with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

85.   Sexual acts with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

86.   Flirting with someone besides your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

87.   Being able to feel vulnerable

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

88.   Talking to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

89.   Kissing your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

90.   Silence

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

91.   Pushing your partner to the ground

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

92.   Telling your partner "I love you"

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

93.   Being honest with your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

94.   Writing a letter/email to your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

95.   Inspiring

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

96.   Hurtful

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

97.   Warmth

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

98.   Hitting your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

99.   Comforting

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

100. Going out with friends but not your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

101. Dancing with your partner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
Not associated   Neutral   Very associated

102. Compassion

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

103. Trust

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

104. Commitment

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

105. Not liking everything about your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

106. Understanding

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

107. Sitting near your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

108. Your relationship feels like an obligation

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

109. Undeserved

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

110. Running your hand through your partner's hair

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

111. Frightening

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

112. Going out with friends and your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

113. Fulfilling

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

114. Forever

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

115. Taking pictures of your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

116. Lying to your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

117. Asking your partner about his/her day

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

118. Leaving an occasion without your partner

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

119. Worthwhile

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

120. Other (Please write in any word you feel should have been included)_____

1   2   3   4   5   6   7   8   9   10   11   12   13
Not associated   Neutral   Very associated

Please write what you considered to be the opposite of romantic
love while completing this study

_____

_____

_____

_____