

Mature Love Quiz For Couples Or Singles In Intimate Relationships

Score each of the 45 statements below according to the current state of your intimate relationship or what you consider to have been your most satisfying relationship to date. Be brutally honest with yourself on how you respond(ed) to your partner. The score you receive will indicate the life-maturity and capacity for genuine love you have achieved in your intimate relationship. Rate your agreement with each statement according to the following scale and enter the appropriate number between 1 and 9 at the end of the sentence. Follow the scoring instructions at the end to get your result. You will also find an explanation of the Quiz created by the American psychologist Robert Sternberg.

Not at all				Moderately				Extremely
1	2	3	4	5	6	7	8	9

1. I am actively supportive of my partner's well-being. ____
2. I have a warm relationship with my partner. ____
3. I am able to count on my partner in times of need. ____
4. My partner is able to count on me in times of need. ____
5. I am willing to share myself and my possessions with my partner. ____
6. I receive considerable emotional support from my partner. ____
7. I give considerable emotional support to my partner. ____
8. I communicate well with my partner. ____
9. I value my partner greatly in my life. ____
10. I feel close to my partner. ____
11. I have a comfortable relationship with my partner. ____
12. I feel that I really understand my partner. ____
13. I feel that my partner really understands me. ____
14. I feel that I can really trust my partner. ____
15. I share deeply personal information about myself with my partner. ____

I.TOTAL INTIMACY 1-15 SCORE ____

Not at all

Moderately

Extremely

1 2 3 4 5 6 7 8 9

16. Just seeing my partner excites me. ____

17. I find myself thinking about my partner frequently during the day. ____

18. My relationship with my partner is very romantic. ____

19. I find my partner to be very personally attractive. ____

20. I idealize my partner. ____

21. I cannot imagine another person making me as happy as my partner does. ____

22. I would rather be with my partner than with anyone else. ____

23. There is nothing more important to me than my relationship with my partner. ____

24. I especially like physical contact with my partner. ____

25. There is something almost “magical” about my relationship with my partner. ____

26. I adore my partner. ____

27. I cannot imagine life without my partner. ____

28. My relationship with my partner is passionate. ____

29. When I see romantic movies and read romantic books, I think of my partner. ____

30. I fantasize about my partner. ____

II. TOTAL PASSION 16-30 SCORE ____

Not at all									
	1	2	3	4	5	6	7	8	9

- 31. I know that I care about my partner. ____
- 32. I am committed to maintaining my relationship with my partner. ____
- 33. Because of my commitment to my partner I would not let other people come between us. ____
- 34. I have confidence in the stability of my relationship with my partner. ____
- 35. I could not let anything get in the way of my commitment to my partner. ____
- 36. I expect my love for my partner to last for the rest of my life. ____
- 37. I will always feel a strong responsibility for my partner. ____
- 38. I view my commitment to my partner as a solid one. ____
- 39. I cannot imagine ending my relationship with my partner. ____
- 40. I am certain of my love for my partner. ____
- 41. I view my relationship with my partner as permanent. ____
- 42. I view my relationship with my partner as a good decision. ____
- 43. I feel a sense of responsibility toward my partner. ____
- 44. I plan to continue my relationship with my partner. ____
- 45. Even when my partner is hard to deal with, I remain committed to our relationship.

III. TOTAL COMMITMENT 31-45 SCORE ____

- I. TOTAL INTIMACY SCORE ____
- II. TOTAL PASSION SCORE ____
- III. TOTAL COMMITMENT SCORE ____

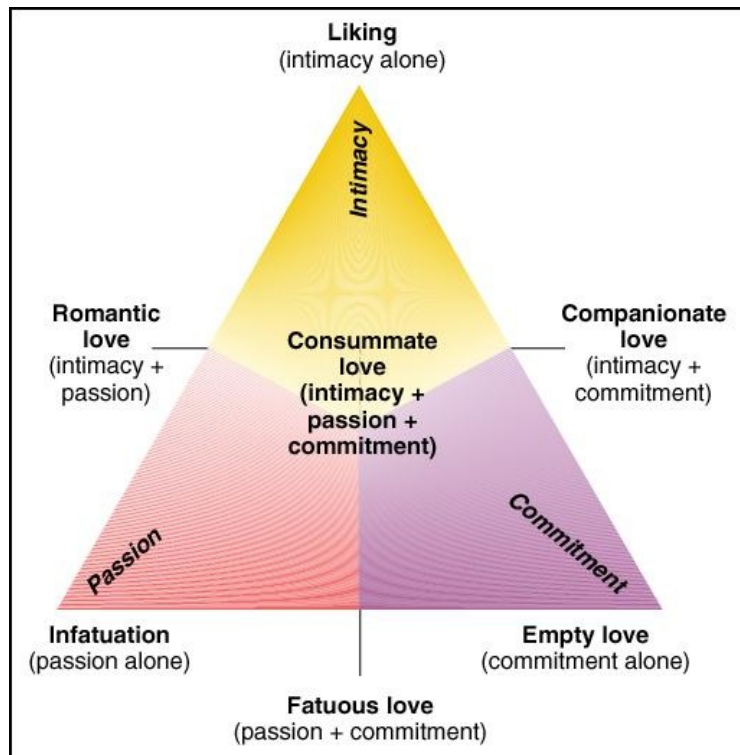
Scoring

The psychologist Robert Sternberg views love as being composed of three components: Intimacy, Passion, and Commitment. The first 15 items reflect **Intimacy**, the second 15 reflect **Passion**, and the final 15 reflect **Commitment**.

Add up your scores for each group of 15 items. Then compare your scores with those normed as described to see how you fare in the population of test takers.

INTIMACY (Items 1-15)	PASSION (Items 16-30)	COMMITMENT (Items 31-45)	COMPARED TO AVERAGE
93	73	85	Significantly below average
102	85	96	Somewhat below average
111	98	108	Average
120	110	120	Somewhat above average
129	123	131	Significantly above average

According to Sternberg’s Triangle Love model, high scores in all three components would indicate a “Consummate Love” or what I term a “Whole Great Love”. Uneven or low scores suggest your relationship lacks emotional maturity & reciprocal care. Go here: https://en.wikipedia.org/wiki/Triangular_theory_of_love



"For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation." Rainer Marie Rilke

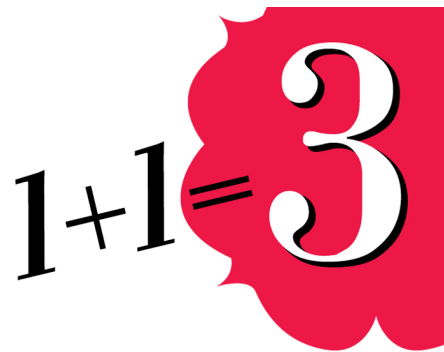
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Visit www.pairingtoday.com & www.facebook.com/pairingforlife/ to better understand and enhance your relationship.

Email Jack Carney: themesofjack@gmail.com and send your score for a no charge reply including materials to help you build better relationships.

You can also call Jack Carney in Auckland, New Zealand: +64224094035 or get him on Whatsapp with this number and name.

Katharine & Jack, a Whole Great Love (1+1=3) in the Garden of Life



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