

SELF-ASSESSMENT: THE LOVE ATTITUDES SCALE

Developed by: David Knox

This scale is designed to assess the degree to which you are romantic or realistic in your attitudes toward love. There are no right or wrong answers.

Directions: After reading each sentence carefully, circle the number that best represents the degree to which you agree or disagree with the sentence.

1 2 3 4 5
 Strongly agree Mildly agree Undecided Mildly disagree Strongly disagree

	SA	MA	U	MD	SD
1. Love doesn't make sense. It just is.	1	2	3	4	5
2. When you fall head over heels in love, it's sure to be the real thing.	1	2	3	4	5
3. To be in love with someone you would like to marry, but can't, is a tragedy.	1	2	3	4	5
4. When love hits, you know it.	1	2	3	4	5
5. Common interests are really unimportant; as long as each of you is truly in love, you will adjust.	1	2	3	4	5
6. It doesn't matter if you marry after you have known your partner for only a short time as long as you know you are in love.	1	2	3	4	5
7. If you are going to love a person, you will know after a short time.	1	2	3	4	5
8. As long as two people love each other, the educational differences they have really do not matter.	1	2	3	4	5
9. You can love someone even though you do not like any of that person's friends.	1	2	3	4	5
10. When you are in love, you are usually in a daze.	1	2	3	4	5
11. Love at first sight is often the deepest and most enduring type of love.	1	2	3	4	5
12. When you are in love, it really does not matter what your partner does because you will love him or her anyway.	1	2	3	4	5
13. As long as you really love a person, you will be able to solve the problems you have with the person.	1	2	3	4	5
14. Usually you can really love and be happy with only one or two people in the world.	1	2	3	4	5

15. Regardless of other factors, if you truly love another person, that is a good enough reason to marry that person.	1	2	3	4	5
16. It is necessary to be in love with the one you marry to be happy.	1	2	3	4	5
17. Love is more of a feeling than a relationship.	1	2	3	4	5
18. People should not get married unless they are in love.	1	2	3	4	5
19. Most people truly love only once during their lives.	1	2	3	4	5
20. Somewhere there is an ideal mate for most people.	1	2	3	4	5
21. In most cases, you will know it when you meet the right partner.	1	2	3	4	5
22. Jealousy usually varies directly with love; that is, the more you are in love, the greater your tendency to become jealous.	1	2	3	4	5
23. When you are in love, you are motivated by what you feel rather than by what you think.	1	2	3	4	5
24. Love is best described as an exciting rather than a calm thing.	1	2	3	4	5
25. Most divorces probably result from falling out of love rather than failing to adjust.	1	2	3	4	5
26. When you are in love, your judgment is usually not too clear.	1	2	3	4	5
27. Love often comes only once in a lifetime.	1	2	3	4	5
28. Love is often a violent and uncontrollable emotion.	1	2	3	4	5
29. When selecting a marriage partner, differences in social class and religion are of small importance compared with love.	1	2	3	4	5
30. No matter what anyone says, love cannot be understood.	1	2	3	4	5

Scoring: Add the numbers you circled. 1 (strongly agree) is the most romantic response and 5 (strongly disagree) is the most realistic response. The lower your total score (30 is the lowest possible score), the more romantic your attitudes toward love. The higher your total score (150 is the highest possible score), the more realistic your attitudes toward love. A score of 90 places you at the midpoint between being an extreme romantic and an extreme realist.

Source: Knox, D. "Conceptions of Love at Three Developmental Levels" Dissertation, Florida State University, 1969. Permission to use the scale for research available from David Knox at davidknox2@prodigy.net or by contacting Dr. Knox, Department of Sociology, East Carolina University, Greenville, NC 27858