

PSY 131: Psychology of Adjustment

Chapter 6 Love

Outline/Overview

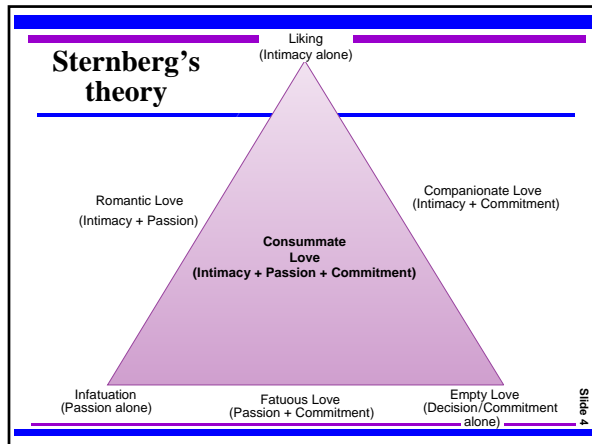
- Theories of love
 - Sternberg's Triangular Theory
- Myths and misconceptions about love
- Fears of Loving and Being Loved
- Characteristics of Inauthentic Love
- Meanings/ Characteristics of Authentic Love

Slide 2

Theories of love

- Rubin (1973) 3 Components of love
 - Attachment
 - Caring
 - Intimacy
- Hatfield (1988) 2 types of love
 - Companionate
 - Passionate
- Sternberg: Triangular Theory: 3 components
 - Passion
 - Intimacy
 - Commitment

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- Sternberg's seven forms of love**
- ☐ Liking
 - ☐ Infatuation
 - ☐ Empty love
 - ☐ Romantic love
 - ☐ Fatuous love
 - ☐ Companionate love
 - ☐ Consummate love
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- Myths and misconceptions about love**
- ☐ Love is eternal
 - ☐ Love implies constant closeness
 - ☐ We fall in and out of love
 - ☐ Love is exclusive
 - ☐ True love is selfless
 - ☐ Love and anger are incompatible
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Fears of Loving and Being Loved

- Fear of isolation
- Fear of being discovered
- Uncertainty of love
 - no guarantees
- Fear of repeating negative patterns

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Characteristics of Inauthentic Love

- Pseudo-love may look like authentic love, but it stifles growth
- One whose love is inauthentic ---
 - Attaches strings to loving and loves conditionally
 - Is possessive
 - Depends on the other person to fill a void in life
 - Needs to be in charge and make decisions for the other person
 - Lacks commitment

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Meanings/ Characteristics of Authentic Love

- Knowing the person
- Caring about the person
- Having a responsibility toward the person
- Having respect and dignity for the person
- Accepting imperfection
- Growth for both people in the relationship

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