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

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
Sternberg’s seven forms of love

- Liking
- Infatuation
- Empty love
- Romantic love
- Fatuous love
- Companionate love
- Consummation love

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
Fears of Loving and Being Loved

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

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

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