

How do you love?

What is my love score? Although there is no way to really measure love since love is not measurable, we can try to quantify love for purposes of trying to understand better how we love our spouse and in return how we perceive our spouse loves us. On the scales below is an opportunity for you to assess how you believe at this time in your life you love your spouse and how you believe they love you. There are no right or wrong answers just an opportunity to think about current perceptions and to discuss them with your spouse if he or she will allow you to. If they complete the scales as well an interesting and hopefully productive conversation may take place. Remember, this is just for understanding not judgment.

Please rate your perception of the quality of each type of love in your marriage. First rate it as you perceive you love your spouse then rate it as you perceive your spouse loves you. Rate it on a scale from one to ten. One, two or three means a low amount of a type of love. A rating of four, five, or six means you believe the amount of that type of love is average. Seven, eight, nine or ten means you believe there is a high amount of that type of love. Remember these are only subjective ratings and reflect how you feel about a particular type of love in your marriage at this time. It may have been different in the past or may be different in the future.

Types of love Rating Scale

Agape love: the characteristics of God's love shown through me to my spouse

1 2 3 4 5 6 7 8 9 10

Agape love: the characteristics of God's love shown to me from my spouse

1 2 3 4 5 6 7 8 9 10

Phileo love: how I care for my spouse as a friend and brother or sister

1 2 3 4 5 6 7 8 9 10

Phileo love: how my spouse cares for me as a friend and brother or sister

1 2 3 4 5 6 7 8 9 10

Eros love: how romantic or passionate do I feel towards my spouse

1 2 3 4 5 6 7 8 9 10

Eros love: how romantic or passionate do I feel my spouse is towards me

1 2 3 4 5 6 7 8 9 10

Storge love: how much do I take responsibility for or parent my spouse

1 2 3 4 5 6 7 8 9 10

Storge love: how much do I believe my spouse takes responsibility for or parents me

1 2 3 4 5 6 7 8 9 10

If I add my love scores of Agape, Phileo, and Eros together I get a total of _____.

If I then subtract my Storge score from that total I get a total love score of _____.

If I add my rating of my spouse's scores of Agape, Phileo, and Eros together I get a total of _____. If I then subtract my perception of my spouse's Storge score from that total I get a total love score of my perception of my spouse's love for me of _____.

When I compare the two scores of how I rated my spouse and myself my score is higher/lower (circle one) than my spouse's.

When my spouse did the same rating exercise and I compare his/her scores for him/her, and me she/he rated me higher/lower (circle one) than she/he rated himself/herself.

The type of love that I seem to be strongest in is Agape, Phileo, Eros, or Storge (circle one).

The type of love my spouse seems to be strongest in is Agape, Phileo, Eros or Storge (circle one).

If we were to make changes in how we loved one another based upon types of love I should increase Agape, Phileo, or Eros and decrease Storge (circle one). My spouse should increase Agape, Phileo, or Eros and decrease Storge (circle one).

If we were to add my rating of my types of love total love score to my spouse's rating of me of my total love score I would get a combined rating of _____. If I then divided that by 2 I would get a self-perception and spouse perception total love score of _____.

If we were to add my rating of my spouse's types of total love score to his/her rating of him/herself we would get a combined rating of _____. If we then divided that by 2 my spouse's total love score based on his/her perception and my perception would be _____.

Therefore my total love score based on mine and my spouse's perception is low/medium/high (circle one).

My Spouse's total love score based on his/her and my perception of him/her is low/medium/high (circle one).

If we combined all the ratings of our total love scores we would have a rating of _____. Dividing this by four (the combination of my total love score, my perception of his/her total love score, his/her own total love score rating and his/her rating of his/her perception of my total love score) gives us a couple's rating of _____ for total love in the marriage. This is low/medium/high as a couple (circle one).

To increase our score as a couple we could work on Agape, Phileo, Eros, or Storge (circle one).