

# **LOVE**

## **Conditional Love versus Unconditional Love**

### **Carl Rogers: Conditional regard**

**Unconditional positive regard** a person feels that another is “a person of unconditional self-worth: of value no matter what his condition, his behavior, or his feelings.” (Rogers, 1951)

### **Robert Sternberg The Triangular Theory of Love**

**Three Components**  
**Intimacy**  
**Passion**  
**Decision/Commitment**

Kind of Love	Love Components		
	Intimacy	Passion	DeCom
Nonlove	Low	Low	Low
Liking	High	Low	Low
Infatuation	Low	High	Low
Empty Love	Low	Low	High
Romantic Love	High	High	Low
Companionate Love	High	Low	High
Fatuous Love	Low	High	High
Consummate love	High	High	High

## **Lee's Colours of Love**

### **Three Primary Colours**

**Eros**

**Ludus**

**Storge**

### **Three Secondary Colours**

**Pragma**

**Mania**

**Agape**

**PASSIONATE AND COMPANIONATE LOVE**  
**Elaine Walster and G. Walter Walster**

**Being in love versus loving someone**

**Passionate Love**  
**Emotional Intensity**  
**Fragility**  
**Sexuality**

**Companionate Love**  
**Emotional Intimacy**  
**Durability**  
**Closeness**

**The Tending Instinct Shelley Taylor**

“The human response to stress is characterized at least as much by tending to and befriending others, a pattern that is especially true of women.” (Taylor, 2002)

We enjoy not only a happier but also a longer life in the company of others because the social groups that envelop us literally promote growth and regulate our stress systems. We are, of course, the source of one another's stress as well, but, as will become evident, the biological environment that is fostered by close relationships permits us to flourish in good health and recover from poor health quickly (Taylor, 2002)

“Good fathering tends to go hand in hand with monogamy. When men are there for women, they are usually there for children as well.” Taylor, 2002

“We have neurocircuitries for tending as surely as we have biological circuitry for obtaining food and reproducing.” Taylor, 2002)

Discussion Question: Compare and contrast the experience of passionate and companionate love. If you had to choose, which would you rather feel for a steady dating partner or spouse?

# **Personality**

A stable set of characteristics and tendencies that determine those commonalities and differences in the psychological behavior (thoughts feelings, and actions) of people that have continuity over time and that may or may not be easily understood in terms of the social and biological pressures of the immediate situation alone.

## **McCrae and Costa Big Five Theory**

### **Diagnostic Statistical Manual**

**Dependent Personality**

**Avoidant Personality**

**Narcissistic Personality**

**Histrionic Personality**

**Borderline Personality**

**Antisocial Personality**

**Paranoid Personality**

**Schizoid Personality**