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The Interrelationship between Love Styles and Relationship Satisfaction
among Haigazian University Students in Lebanon

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Signature
3 June 2011

A Thesis submitted to the Faculty of Social and Behavioral Sciences in partial fulfillment of the requirements for the Masters of Arts degree in Psychology – Emphasis Clinical Psychology at the Haigazian University.

Beirut – Lebanon

May 2011

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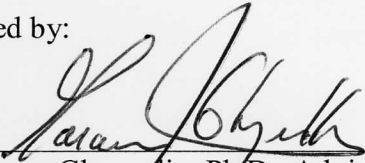

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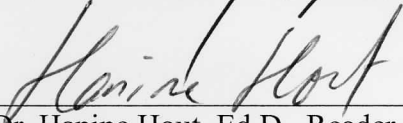
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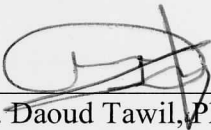
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ROMANTIC RELATIONSHIPS

Abstract

The hypotheses of the study were: 1) Passionate love would be positively correlated with the Eros love style, 2) passionate love would be negatively correlated with the Ludus love style, 3) self-oriented sexuality would be negatively correlated with the Agape love style, 4) passionate love would be the greatest predictor of relationship satisfaction, and 5) relationship satisfaction would increase significantly more as individuals became more securely attached. The participants had to complete the following scales: the Passionate Love Scale (PLS), the Brief Sexual Attitudes Scale (BSAS), the Adult Attachment Questionnaire (AAQ), the Love Attitudes Scale (LAS), and the

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Abstract

The hypotheses of the study were: 1) Passionate love would be positively correlated with the Eros love style, 2) passionate love would be negatively correlated with the Ludus love style, 3) self-centered sexuality would be negatively correlated with the Agape love style, 4) passionate love would be the greatest predictor of relationship satisfaction, and 5) relationship satisfaction would increase significantly more as individuals became more securely attached. The participants had to complete the following scales: the Passionate Love Scale (PLS), the Brief Sexual Attitudes Scale (BSAS), the Adult Attachment Questionnaire (AAQ), the Love Attitudes Scale (LAS), and the Multidimensional Relationship Questionnaire (MRQ). After the data were collected, a correlation was performed to test for hypotheses 1, 2, 3, and 5, and a multiple regression was performed to determine what predicts relationship satisfaction, and to test for hypothesis 4, which stated that passionate love would be the greatest predictor of relationship satisfaction. The results revealed that passionate love was positively correlated with Eros. However, it was not significantly correlated with Ludus. In addition, self-centered sexuality was significantly and negatively correlated with Agape. Therefore, hypotheses 1 and 3 were supported, but hypothesis 2 was not. Moreover, passionate love was not the greatest predictor of relationship satisfaction, contrary to the prediction that it was, and secure attachment was positively and significantly correlated with relationship satisfaction. Moreover, it was, in fact, the greatest predictor of relationship satisfaction. Hence, hypothesis 4 was not confirmed whereas hypothesis 5 was.

Acknowledgments

Acknowledgments go to the following professors of the Psychology Department at Haigazian University: Dr Marwan Gharzeddine, who has inspired and encouraged me to choose the topic of romantic relationships, with a focus on love; Dr Hanin Hout, who has been of great help and support throughout the semesters; and Dr Daoud Tawil for his help with statistics and research methods.

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The interrelationship between Love Styles and Relationship Satisfaction among HU Students in Lebanon.

The aim of the study is to examine associations between the independent variables passionate love, attachment styles, love styles, and sexual styles and the dependent variable relationship satisfaction, and to determine what predicts satisfaction in romantic relationships. The participants completed the five scales: PLS, LAS, BSAS, AAQ, and MRQ, and the data were analyzed in order to get the results of the study. Chapter one of the research included the background, the problem, and the significance of the study. Moreover, it presented the methodology used in the study, the delimitations, and the definitions of certain key terms.

Background of the Study

Research in the Middle East regarding romantic relationships is rare. One study was done in Turkey but only talked about the subscales of the Multidimensional Relationship Questionnaire (MRQ), which measures psychological tendencies related to intimate relationships (Buyuksahin, 2005). The aim of that study was to assess the reliability and validity of the MRQ. It did not examine whether there was any association between relationship satisfaction and the constructs talked about in this study, such as love, sex, and adult attachment.

Most of the research regarding romantic relationships, love, and sex has been done in the West and cannot be applied to Lebanon because the values of the West regarding these phenomena are quite different than those of the Middle East region. However, “Westernization” has been on the rise, and with that, it is hoped that many things change in the Middle East regarding romantic relationships.

Hatfield & Rapson (2007) stated that with the rise of “Westernization” – i.e. the focus on individualism, the goal of personal happiness, the reduction of pain, and the approaches to love and sex – came the notions of marriage for love and sexual freedom for both men and women.

Many researchers discussed the phenomena of love. Moreover, Hatfield & Rapson (1987) found passionate love to be cross-culturally relevant, though other researchers found that it was still a luxury in Eastern and Arab societies (as cited by Hatfield & Rapson, 2007).

However, the importance and power of passionate love has been recognized in many cultures, and not just the west (Hatfield & Rapson, 2007). Moreover, in studies about love in different parts of the world, such as China, Turkey, and Indonesia, researchers found that the views regarding love in those nations were similar to those of the West (Fischer, Wang, Kennedy, & Cheng, 1998; Jankowiak, 1995; Kim & Hatfield, 2004), indicating that love is actually a universal experience. Other researchers, too, believe that passionate love is a universal experience (Buss, 1994; Hatfield & Rapson, 1996; Jankowiak, 1995). This raises the question of whether these changes apply to Lebanon, and this is one reason why the construct of love has been included in the present study.

Research in the West regarding romantic relationships is numerous. Generally, being involved in a romantic relationship has been linked to greater well-being, but certain aspects of relationships have been associated with depressive symptoms (As cited by Marchand-Reilly, 2009). This makes one wonder which specific aspects of a relationship are associated with greater well-being, and what one can do to maintain that positive experience.

Moreover, another study regarding romantic relationships found that decreased closeness in relationships was significantly associated with lower self-esteem and poorer mental health (Donachie and Cramer, 1999). On the other hand, increased closeness was not correlated with better psychological health (Donachie and Cramer, 1999). However, the article talked about changes in closeness in a relationship, and not relationship satisfaction or satisfaction with that closeness.

The reason why the present study focused on romantic relationships in general and relationship satisfaction specifically was because of the importance of romantic relationships and

their impact on one's well-being and self-esteem, as was shown in previous research. The present study wanted to go further and examine whether there were any significant associations with relationship satisfaction in Lebanon, and specifically among the HU students.

Furthermore, seeing that since Westernization has been rising – and with it the idea of falling or being in love in order to be happy in romantic relationships – passionate love has been included in the study in order to see how the two constructs, love and relationship satisfaction, are linked. Hence, the present study aimed towards knowing more about passionate love in the Lebanese culture and how it affects relationship satisfaction among the Lebanese.

Psychology is a growing field in Lebanon, and more psychological research is needed in order to understand the phenomena of love, sex, adult attachment and romantic relationships in Lebanon, since many people still believe that love and relationships are due to fate. Not many believe that relationships, passion, desire, etc... are things we have to work on.

In his book, *The Art of Loving*, Erich Fromm talks about love as an art. Why do people, though, believe that it is a pleasant sensation rather than an art, i.e. something that can be learned and improved. In Fromm's view, "most people see the problem of love as that of being loved, rather than that of loving, of one's capacity to love. Hence, the problem to them is how to be loved..." (p.1). That is achieved by being popular or by having sex appeal (Fromm, 1956).

Fromm goes on to say, "another premise behind the attitude that there is nothing to be learned about love is the assumption that the problem of love is the problem of an object... to love is simple... but to find the right object to love... is difficult" (p.2). With the rise of the 20th century, people began searching for 'romantic love', the personal experience which should, in their opinions, then lead to marriage. Another reason why people assume there is nothing to be learned about love is the confusion between "falling in love" and "being in love" (Fromm, 1956).

People assume that there is nothing easier than to love, when in fact, there is no activity like love which gives people very high hopes and fails regularly. Regarding any other activity, one would want to look for the reasons of failure, or give up on the activity altogether. However, it is different for love. The first step to succeeding in the art of love, Fromm believes, is to become aware that love *is* an art. Next, one should learn its theory and practice, and finally, make it their most important activity (Fromm, 1956).

Neuroscience has shown that the regions of the brain that are activated when passionate love is experienced and when sexual desire is experienced are the same, so passionate love and sexual desire are thought to be linked (Bartels & Zeki, 2000). Others also found similar results.

Hatfield & Rapson, (1995) stated that ‘passionate love is the "longing for union", whereas sexual desire is the "longing for sexual union"’ (p.3). Moreover, “trying to separate love from sexuality is like trying to separate fraternal twins: they are certainly not identical, but, nevertheless, they are strongly bonded” (Hendrick & Hendrick, 1987, p.282).

Hendrick and Hendrick (1987) and Regan (1998) further stated that there is a sexual component that differentiates them from other types of relationships, which is why (Fricker and Moore, 2002) suggest that love and sex be studied together in order to better understand relationship satisfaction and what it is associated with.

Research has recently begun to include the Attachment Theory in studies of romantic relationships (Shaver & Hazan, 1988). Attachment provides a sense of comfort, protection, and a safe base where one can explore the environment (Bowlby, 1969). Childhood attachment styles are based on an emotional bond between parent and child, regardless of whether the child is adopted or is the biological child (Juffer, Stams, & Van Ijzendoorn, 2002).

Attachment theory states that internal working models of self and others develop in the context of interactions between parent and child (Bowlby, 1969). Internal working models are

"cognitive representations of early care-giving experiences, and individual differences in the quality of these relationships are believed to reflect the degree to which the primary caregiver provided sensitive and consistent care giving to the infant" (Marchand-Reilly, 2009, p. 31). Hazan and Shaver (1987) tried to build an understanding of adult love using the attachment theory, and found similar attachment styles for adults as for infants.

Marchand-Reilly (2009) found that depressive symptoms were related to being less comfortable in close relationships, less comfortable depending on others, and more anxious about being abandoned by significant others. Therefore, seeing the importance of attachment theory and attachment orientations have on romantic relationships was one reason why attachment theory was included in the present study. One of the goals, therefore, was to examine the relationship between adult attachment styles and relationship satisfaction.

The Problem Statement

As a result of the literature reviewed regarding romantic relationships, the following hypotheses were examined in the present study:

1. Passionate love is positively correlated with the Eros love style (intense, extreme love).
2. Passionate love is negatively correlated with the Ludus love style.
3. Self-centered sexuality is negatively correlated with the Agape love style.
4. Passionate is the greatest predictor of relationship satisfaction.
5. Secure attachment is positively correlated with relationship satisfaction.

The Professional Significance of the Study

The aim of the present study was to shed more light on the issue of romantic relationships and relationship satisfaction among the Lebanese culture. Moreover, the study provided information regarding the phenomena of passionate love and sex and examined their impact on relationship

satisfaction. In addition to this, it also included the Attachment Theory in the study of romantic relationships among Lebanese students at HU, and tried to find a link between attachment styles and relationship satisfaction. It also examined associations among the variables in the study altogether.

The importance of this is that many variables are thought to impact on relationship satisfaction, and this is hoped to help individuals who are involved in romantic relationships, firstly, and to help counselors, secondly, with their clients. Seeing that there is more to a romantic relationship than love and sex, counselors may now provide the important information regarding relationships to clients who are not satisfied in their relationships with their partners, or who have certain issues regarding a specific aspect of their relationships.

Overview of the Methodology

The study was quantitative and correlational in nature. A multiple regression was performed to see whether any of the variables in the study were significant predictors of relationship satisfaction. The participants completed five Likert-type objective scales: the PLS, LAS, BSAS, MRQ, and AAQ. The means of the scales were measured in order to correlate among the variables.

The PLS had 15 items and measured how strongly one was passionately in love. Scores for individual items ranged from 1 to 9, with 9 indicating a high score for that item. Scores higher than 85 indicated that one was passionately in love.

The BSAS measured one's attitudes toward sex, and consisted of 4 subscales: casual sexuality, responsible sexuality, ideal sexuality, and self-centered sexuality. Higher scores on the ideal and responsible subscales indicated that one was higher or more positive on that attitude, but a higher score on the casual and self-centered subscales meant that an individual is lower or more negative on that attitude, since these two subscales' items are reversed.

The MRQ measured psychological tendencies related to romantic relationships. It consisted of 12 subscales: relationship esteem, relationship preoccupation, internal relationship control,

relationship consciousness, relationship motivation, relationship anxiety, relationship assertiveness, relationship depression, external relationship control, relationship monitoring, relationship fear, and relationship satisfaction. Items 31, 47, and 59 were reversed.

The AAQ measured one's attachment style and had 3 subscales: 1) depend – the ability to depend on others, 2) close – the ability to be close to others, and 3) anxious – feeling uncomfortable being close to others and letting others depend on you. Scores on the 3 subscales were calculated in a way that classified individuals according to the four attachment styles: secure, preoccupied, dismissing, and fearful.

Finally, the LAS measured one's attitudes towards love and was made up of 6 subscales, each of which corresponds to a certain love style: 1) Eros (extreme love); 2) Ludus (game-playing, noncommittal love); 3) Storge (friendship-based love); 4) Pragma (pragmatic, logical love); 5) Mania (possessive love); and 6) Agape (altruistic, all-giving, selfless love).

The research participants were selected from the Haigazian University campus (the cafeteria, classes, and other places in the university). It was not a random sample, but rather a convenient sample. Since the questionnaires were quite long, many participants left a huge part of the survey unanswered, and these participants were eliminated from the study. In the end, the data of 100 participants were used and analyzed.

Delimitations of the Study

The number of individuals who took part in the study was rather small. However, since the survey was long, and certain questionnaires had many items, some people left parts of the questionnaires unanswered, whereas some refused to participate altogether after seeing the length of the questionnaires. These data were not used in the study. As a result of the small sample size, the results of the study cannot be really generalized to the larger HU community.

Definition of Key Terms

Certain terms used in the study are defined below:

Passionate love: a term used interchangeably with romantic love, infatuation, love sickness, or obsessive love (Hatfield & Sprecher, 1986); an intense longing for union with another (as cited by Hatfield and Rapson, 2007).

Love: urgent and intense feelings attracting and holding adults in relationships (Pistole, 1994).

Attachment theory: infants view the world on the basis of their caregiver(s) availability and responsiveness to their needs in stressful situations. As a result, infants develop a sense of self-worth and trustworthiness of others (Bowlby, 1969).

Love styles: how individuals define and approach love. These attitudes then guide their behavior towards their loved ones (Lee, 1973).

Relationship satisfaction: the extent to which one's intimate needs are being met in a relationship (Snell, Schicke, & Arbeiter, 2002).

Sexual attitudes: reflections of different attitudes about sex. They could refer to a specific sexual relationship or to general attitudes and beliefs about sex (Hendrick, Hendrick, & Reich, 2006).

Chapter II: Literature Review

Romantic relationships are of almost everyone's concern, as almost everyone is involved, or has been involved, in at least one romantic relationship in their lives. Most of us are looking for ways to improve our romantic relationships or to sustain them. Many variables have been associated with relationship satisfaction, and among them, the mostly sought-after: love.

Love has been on the minds of people throughout history, and the phenomenon of passionate love is one familiar topic in the history of Psychological research. Many people have spoken about love, and one of them is the famous Freud.

The Origins of Desire

According to Freud, in order to love freely and unneurotically "one must retain a strong attachment to one's parents, but cast one's net elsewhere when it comes to passionate love. If this doesn't happen, one may become obsessive about unobtainable people who don't retain their love, or they may feel the need to humiliate and debase a sexual partner" (Ackerman, 1994, p. 125).

"When people fall in love," Freud said, "they regress to a childish state and idealize their partner in much the same way they once idealized their parents. Their self-esteem lies in the other's hands. If the love is returned, they feel like the adored child again, majestic, prized, and reassured" (p.126).

Diane Ackerman, author of *A Natural History of Love*, further adds "romantic love is a biological ballet. It is evolution's way of making sure that sexual partners meet and mate, then give their child the care it needs to be healthy and to make loving attachments of its own" (Ackerman, 1994, p. 135). Moreover, she says, "because nothing and no one in time or creation seems to matter more, a broken relationship rips the lining from the heart, crushes the rib cage, shatters the lens of hope, and produces a drama both tragic and predictable. Wailing out loud or silently... the abandoned lover mourns" (p.135).

Bolwby further goes on to provide a link between love and attachment. He observed people for more than 20 years, and found many links between disturbed adults and broken childhood attachments (Ackerman, 1994). Building a strong bond of affection is what he called “falling in love”, and sustaining it is what people call “loving” or “being in love”. Breaking up or losing a romantic partner in some way is followed by “grief”.

Bolwby believes that an infant’s need for attachment is the same drive that leads adults later on to search for love or seek a romantic partner. Attachment is an essential thing because it provides people with a sense of relief that someone is there for them in times of danger or stress, be that person a caregiver (in the case of infants) or a lover (in the case of adults) (Ackerman, 1994).

The Awareness of separation

Fromm (1956) believed that man’s greatest need is to overcome his separateness. One way – and in fact, Fromm believes, the best way – to overcome this separateness is through interpersonal union, or love. He goes on to say that “the desire for interpersonal fusion is the most powerful striving in man. It is the most fundamental passion... The failure to achieve it means insanity or destruction... Without love, humanity could not exist for a day” (p.17).

Love as an activity, and not a passive state

Fromm (1956) argued that love is an activity, and not a passive state. Furthermore, it is an act of giving, not receiving, which does not have to mean giving up or being deprived. “Love is a power which produces love; impotence is the inability to produce love” (p.23).

Fromm saw love as an act of will. It contains a very important aspect: the decision to commit one’s life completely to that of another person. He argues “if love were only a feeling, there would be no basis for the promise to love each other forever. A feeling comes and it may go” (p.52).

What it is to love someone

So what exactly is love? Fromm defined it as such "it is the craving for complete fusion, for union with another person" (Fromm, 1956, p.49). According to him, passionate love is exclusive, where one can fuse fully and intensely with only one specific person. In addition, Walster and Walster (1978) differentiated between two types of love: Passionate love and companionate love. They defined Passionate love as that which "involves physiological arousal and preoccupation with the loved one – i.e. emotional attachment – which may lead to companionate love – mutual closeness and intimacy" (Storm & Storm, 1984, p.191).

Other researchers, such as Hatfield & Rapson (1993) define passionate love as "a state of intense longing for union with another... it is a complex functional whole including appraisals or appreciations, subjective feelings, expressions... and instrumental behaviors" (p.5).

Others, yet, have gone as far as describing a list of activities that relate to love (Bergner, 2005). Bergner described love as the following: 1) It is to invest in the well-being of the beloved, to take interest in the person, and to make their needs important to oneself; 2) to appreciate and admire the partner; 3) to accept the person as they are and to respect them, i.e. to take them seriously; 4) to desire the partner physically; 5) to wish to be with the partner intimately and to make a place for them in one's world; 6) to be committed to the person, to love them forever; 7) to be exclusive with the partner; and 8) to understand who the partner is, their values, desires, and vulnerabilities.

Love styles

Lee (1973) classified love according to the love styles typology. Frey & Hojjat (1998) defined love styles as "how individuals define or approach love, such that their attitudes regarding love guide their behavior toward, and experience of, those they love" (p.265). These attitudes are formed as a result of one's previous family experiences, and can be classified into six love styles: eros, ludus, storge, pragma, mania, and agape (Fricker and Moore, 2002). Eros is passionate, intense

love, Ludus is game-playing, non-committal love, Storge is secure, friendship-based, Pragma is pragmatic, logical love, Mania is obsessive, possessive, and insecure love, and Agape is altruistic, all-giving love (Lee, 1973). Hendrick and Hendrick (1986) later developed a scale to measure these love styles.

With regard to these love styles, some researchers found their French participants to be more altruistic in their love styles and American participants to be more friendship-oriented in their love styles and more possessive (mania) (as cited by Contreras et al., 1996). Moreover, Hendrick, Hendrick, & Adler (1988) found that passionate love and the absence of game-playing were the best predictors of relationship satisfaction for men, while passionate love, friendship-based love, and an absence of possessive love were the best predictors for women.

Furthermore, Contreras et al. (1996) found that, although Mexican American participants reported being more game-playing and practical than did the Anglo-American participants, the groups did not differ on relationship satisfaction. The authors did find, however, passionate love to be the greatest predictor of relationship satisfaction for all groups

The link between love and sexual desire and the difference between the two

There are several views as to how love is first experienced and what it leads to or what leads to it. To romantics, love comes on sight or slightly knowing someone, and leads to sexual desire and then intimacy. According to another view, familiarity leads to intimacy, which leads to love, which is expressed fully in sex. The third belief is that it is sex that leads to intimacy, which then leads to love (Storm & Storm, 1984). “Each of the possible causal combinations represents a possible conception of relationship development”, state the authors (p.191).

Many people associate sexual desire with passionate love (Regan, 2000). Sexual desire is thought to be more linked to passionate love than sexual activity is, which is seen as acceptable in later stages of the relationship (as cited in Regan, 2000).

It is important to differentiate, however, between the two constructs. As was mentioned earlier (Hatfield & Rapson, 1995), 'passionate love is the "longing for union", whereas sexual desire is the "longing for sexual union"' (p.3). Fromm (1956) stated that sexual desire is a physical appetite, and aims towards fusion. It is the relief of painful tension.

"But," Fromm goes on to say, "sexual desire can be stimulated by the anxiety of aloneness, by the wish to conquer... as much as it can be stimulated by love... Because sexual desire is in the minds of most people coupled with the idea of love, they are easily misled to conclude that they love each other when they want each other physically. Love can inspire the wish for sexual union." (p. 50). Without love, sexual union leaves strangers even farther apart (Fromm, 1956, p.51).

Association between sexual desire and relationship satisfaction

Some researchers found that men and women see couples who desire each other sexually to be happier and more satisfied in their relationships (as cited by Regan, 2000). Furthermore, although both sexual desire and activity may be correlated with relationship satisfaction, feelings of desire are generally more significant than the actual activities (Regan, 2000).

Regan (2000) also found that people who reported high sexual desire for their partners also reported high passionate love. On the other hand, sexual activity was not associated with passionate love.

Love-making and why people have sex

Seeing that the two constructs, passionate love and sexual desire, are linked, there is the question of what happens afterwards. If sexual desire leads to love, or vice versa, where does one go from there? As was mentioned a bit earlier in the present study, there are certain pathways to love. Storm & Storm (1984) explained that love either comes on slight acquaintance or sight, and then leads to sexual desire and intimacy, respectively. Or, familiarity can lead to intimacy, then to love, then to sex (as in activity). In some case, one begins with sex, and from there, intimacy, and later

love, develops. Therefore, in most cases, sexual experience is an inevitable consequence, or a trigger of, passionate love and desire. After all, isn't sex described as making love?

As a start, love-making (or sex) has been defined as such “engaging in sexual intercourse when such intercourse is an act of expressing a love relationship between two persons” (Bergner, 2005, p. 425). Some described it as an “accreditation ceremony” (as cited by Bergner, 2005). Bergner (2005) goes further as to describe it as “an interpersonal transaction in which one person accredits or affirms another by engaging in actions that serve to enhance the other’s status in the world or that reaffirm such enhanced status... a very powerful affirmation of self by the other and of other by the self” (p. 425).

Therefore, lovemaking is so valued because the two people involved in the lovemaking process accredit each other and receive accreditation from one another. i.e. they are telling one another, sexually, that they love each other, hence implying to one another that their partner is one whose well-being is important to them... that they are the one and only, and that they are truly known and understood (Bergner, 2005).

Relationship between sexual satisfaction and relationship satisfaction

Researchers have constantly shown there to be a positive correlation between relationship satisfaction and sexual satisfaction, however, few research has investigated whether there is a causal relationship between them (as cited by Byers, 2005).

Past studies also found an association between sexual satisfaction and relationship satisfaction. Others, however, suggest that the relationship may not be direct. Some researchers stated that information regarding the sexual experiences of participants should be included in studies on sexual satisfaction. Moreover, others found that sexual satisfaction was associated with reciprocal love feelings and frequent experience of and variety in sexual experiences (as cited by Byers, 2005).

Furthermore, Byers (1999) stated that relationship satisfaction was associated more with sexual satisfaction early on in a relationship rather than in long-term relationships. This suggests that there could be a third variable influencing this relationship. In fact, recent studies have found that the relationship between sexual and overall relationship satisfaction is influenced by variables such as intimacy and sexual communication (McCabe 1999).

In the present study, it was doubted how honest participants were going to be regarding any sexual experiences they were having, especially since the population consisted of college students, and since sex is considered a taboo and as a wrong-thing-to-do in pre-marital relationships in Eastern and Middle Eastern cultures. Therefore, it was assumed that the participants would rather be more comfortable discussing their sexual attitudes rather than their actual sexual experiences. Nevertheless, research that discusses the relationship between sexual satisfaction and relationship satisfaction is many yet it is not clear if the relationship between the two variables is a direct or indirect one. As a result, the present study was limited to studying only sexual attitudes, and not sexual satisfaction, and their impact on relationship satisfaction.

Sexual attitudes

Love is important in establishing family units that care for helpless offspring, while sexual intercourse is essential to human survival because it transmits genes across generations (Frey & Hojjat, 1998). However, not all people have sex for love and intimacy reasons. Consequently, this present study included sexual attitudes as a way to better understand how love and sex are related.

Previous research found that adolescents who had sex for intimacy reasons were less likely to use contraceptive methods, such as condoms. However, others stated that teenagers who had sex for intimacy reasons were more likely to have either discussed or used contraception for their first sexual intercourse, and yet others also found that young adults were more likely to report intimacy reasons for sex and less likely to use condoms (as cited by Dawson et al., 2008).

Many studies also indicated that men were more likely to report pleasure reasons for having sex, while women were more likely to report love and intimacy as reasons for having sex (as cited by Dawson et al., 2008).

Moreover, having sex for motivational reasons, such as coping with negative emotions or trying to please someone, was also associated with more risky behavior and less frequent condom use. However, some researchers found intimacy and sexual attitudes to have a smaller significant impact on relationship quality than was originally expected (As cited by Dawson, Shih, de Moor, & Shrier, 2008).

In their study, Contreras, Hendrick, & Hendrick (1996) focused on marital relationships. A reason for this is that the Hispanic culture emphasizes *familism*, “the family as the central support for individuals” (p. 408). Previous studies found that Mexican women thought of sex as a duty towards their husbands, and others found that Mexican women who were more acculturated to the Anglo-American Society valued love, affection, and pleasure in their sexual relations more than those who were less acculturated (as cited by Contreras et al., 1996). Moreover, with regard to sexual attitudes, Contreras et al. (1996) found that Anglo-American participants were more likely to show higher scores for responsible and ideal sexuality than were the Mexican American participants, however, both groups did not differ on relationship satisfaction.

Regarding Lebanon, although it is part of the Middle East, and is more family-oriented than the west, it is thought to be more westernized than the other countries of the Middle East. Therefore, it was assumed that the Lebanese culture should value the phenomena of love, sex, and pleasure more than the other Middle Eastern countries.

Attachment theory and attachment styles

Although passionate love and sex are important in romantic relationships, as studies have shown, love is not enough to make a romantic relationship work (Pistole, 1994). There are other aspects

that are associated with satisfaction in romantic relationships, such as the attachment couples have (Moller, Hwang, & Wickberg, 2006). Bowlby stressed the importance of attachment as a human need. Hazan & Shaver (1987) even included adult romantic love relationships in their studies on attachment, and have found the same three attachment styles in adults as Ainsworth et al. (1978) found for infants: 1) secure attachment, where infants tend to seek support from their care givers in times of distress, 2) avoidant attachment, where children do not turn to their mothers to eliminate their feelings of distress. Rather, they tend to eliminate those negative feelings through their own effort, and 3) anxious/ambivalent attachment, where children are inconsistent in their seeking comfort and soothing from their caregivers, and this is due to their uncertainty about their caregiver(s) availability (as cited by Moller et al., 2006). Another model which measured adult romantic attachment was presented by Bartholomew & Horowitz (1991) and included four attachment styles: secure, preoccupied, dismissing, and fearful, and is the one used in this current study.

Attachment behavior begins to form during infancy, but the attachment weakens slightly at three to four years of age because the child will be secure enough to explore away from the mother and form new attachments (Bowlby, 1969).

Moller et al. (2006) stated that it was more difficult to explore attachment in adults than to explore it in children because attachment behavior is activated in times of stress, and adults have more stable and multiple internal working models. However, one way attachment orientations impact adults' romantic relationships and depressive symptoms is by shaping the way adults manage conflict. Furthermore, one context where behavior patterns related to a certain attachment style might be observed is conflict (as cited by Marchand-Reilly, 2009). Some researchers found that insecure adults use more negative conflict management skills in their relationships, therefore, attachment orientations and conflict behaviors may be linked to depressive symptoms, with insecure individuals being at a greater risk for depressive symptoms (Marchand-Reilly, 2009).

Associations between attachment styles and relationship satisfaction

Some researchers found a positive association between the secure attachment and positive experiences in relationships, such as relationship satisfaction. Moreover, others found a negative association between anxious attachment and marital satisfaction (as cited by Moller et al., 2006).

In their study, Moller et al. (2006) placed their emphasis on couples who recently became parents. They hypothesized that new parents would be more satisfied in their relationships if they were securely attached, and less satisfied if they were insecurely attached. Their results showed that insecure attachment was significantly associated with relationship dissatisfaction, but secure attachment was not significantly associated with relationship satisfaction. Moreover, the most obvious association was between the fearful and dismissing attachment and relationship dissatisfaction (Moller et al. 2006).

A comparison between Love styles and attachment styles on relationship satisfaction

In the study by Fricker and Moore (2002), the two approaches, adult attachment theory (Hazan and Shaver, 1987) and a lovestyles typology (Lee 1973), were compared in terms of their relationships to one another and ability to predict relationship satisfaction.

The first approach that was assessed was attachment theory, which focuses on themes of intimacy and trust (Hazan and Shaver, 1987). Many researchers supported the idea that adult love is a process of attachment, and that the quality of this relationship is related to the history of an attachment with one's caregiver(s) (as cited by Fricker and Moore, 2002).

The theory of attachment was first described by Bowlby (1969), and postulates that infants come to view the world based on the responsiveness and availability of their caregivers to the child's needs during stressful times, such as separation. As a result, infants develop a sense of self-worth and trustworthiness of others. Consequently, they create internal working models that represent the self and others, and come to affect their future relationships.

Basically, the difference between the two approaches, Attachment Theory and the Love Styles Typology, is that the attachment theory believes that adult love is rooted in early experiences of attachment with one's caregiver(s), and focuses on themes such as intimacy and trust (Hazan and Shaver, 1987). On the other hand, love styles are descriptions of adults' views about love, and do not focus on developmental issues (Fricker and Moore, 2002).

Many studies found a link between the attachment styles of Hazan and Shaver (1987) and relationship satisfaction. Securely attached individuals showed greater satisfaction in romantic relationships, while the insecurely attached individuals (especially the avoidant type) showed less relationship satisfaction (as cited by Fricker and Moore, 2002).

Regarding the love styles, some found that high scores on eros and agape were associated with greater relationship satisfaction (as cited by Fricker and Moore, 2002). Moreover, Contreras et al. (1996) found passionate love (Eros) to be the strongest predictor of relationship satisfaction, and altruistic love (Agape) also another significant predictor of relationship satisfaction.

In their study, Fricker and Moore, (2002) hypothesized that the secure attachment style would positively predict relationship satisfaction, while the insecure attachment styles would negatively predict relationship satisfaction. They also hypothesized that Eros and Agape would positively predict relationship satisfaction while Ludus would negatively predict it. Another prediction was that the secure attachment would be positively correlated with Eros and Agape and negatively correlated with Ludus.

Their results showed that secure attachment was in fact positively correlated with Eros. Levy and Davis (1988) also supported this finding (as cited by Fricker and Moore, 2002). On the other hand, the secure attachment was not positively correlated with Agape. Shaver and Hazan and Shaver (1988), who also did not find a positive correlation between those two variables, suggest

that the Agape love style contains some form of self-sacrifice, and is more extreme than the caregiving found in the Eros love style.

Moreover, although Shaver and Hazan (1988) and Levy and Davis (1988) found the secure attachment to be negatively correlated with Ludus, Fricker and Moore (2002) did not find this association. They did find, however, relationship satisfaction to be positively correlated with the Eros and Agape love styles and negatively correlated with the avoidant attachment and Ludus love style. These findings are in accord with other previous studies (as cited by Fricker and Moore, 2002). The authors also found that the secure attachment neither correlated with nor predicted relationship satisfaction (Fricker and Moore, 2002).

The present study was done in order to provide more knowledge and awareness regarding the nature of romantic relationships and the reasons behind relationship satisfaction or dissatisfaction. Moreover, Lebanon is rather different than other Middle Eastern countries in that it is more westernized, so it was assumed that the Lebanese culture would be more positive towards the phenomena of love and sex with regard to romantic relationships. Yet, Lebanon is still different than the West, so it is uncertain how the values regarding such phenomena would differ from those of the West.

Consequently, the following hypotheses were formulated: 1) passionate love is positively correlated with Eros, 2) passionate love is negatively correlated with Ludus, 3) self-centered sexuality is negatively correlated with Agape, 4) passionate love is the greatest predictor of relationship satisfaction, and 5) secure attachment is positively correlated with relationship satisfaction.

Chapter III: Methodology

The General Perspective

The study was quantitative in nature and measured participants' scores on the 5 scales: PLS, LAS, BSAS, AAQ, and MRQ, which were all objective and Likert-type. The independent variables of the study were passionate love, love styles, attachment styles, and sexual attitudes, whereas the dependent variable was relationship satisfaction.

The Research Context and Research Participants

The sample of research participants obtained was a convenience sample at Haigazian University. The original sample consisted of 135 participants, however, it was discovered that 35 of the participants left huge parts of the survey unanswered, possibly because the survey was too long and participants got bored. In the end, an equal number of males and females were selected (50 males and 50 females). Armenians made up 53% of the sample (47% were Lebanese). The age range was 17 – 27 years, with the mean age being 22.1 ($M = 22.1$ years).

Instruments Used in Data Collection

The survey consisted of five objective instruments: 1) Passionate Love Scale (PLS), which was developed by Hatfield & Sprecher (1986); 2) Love Attitudes Scale (LAS), which was developed by Hendrick & Hendrick (1986); 3) Brief Sexual Attitudes Scale (BSAS), which was developed by Hendrick et al. (2006); 4) Adult Attachment Questionnaire (AAQ), which was developed by Collins & Read (1990); and 5) the Multidimensional Relationship Questionnaire (MRQ), which was developed by Snell, Schicke, & Arbeiter (2002).

The Passionate Love Scale (PLS) consisted of 15 items that describe certain feelings about a love partner or an ex-love partner, e.g. "I feel happy when I am doing something to make him/her

happy.” The scores range from (1) *Not at all true* to (9) *definitely true*. Scores are summed up to measure how passionately in love one is, with scores above 85 indicating that one is passionately in love. The reliability of the scale was .91 (Hatfield & Sprecher, 1986).

The Love Attitudes Scale (LAS). This scale consisted of 6 subscales, with 7 items per subscale. The scale represents several statements which reflect different attitudes about love. Scores range from (1) to (5), with 1 being *strongly agree* and 5 being *strongly disagree*, therefore, the scale was negatively-keyed. A total score on a subscale can range from 7 – 35. Each person can fit into more than one category, or love style. The 6 love styles, or subscales are: 1) Eros, which represents an attitude towards love which is rather extreme and passionate, and which contains great physical chemistry between the partners, e.g. “my partner and I have the right physical chemistry between us”; 2) Ludus, which is a game-playing, non-serious and non-committal attitude towards love. It includes items such as “I try to keep my partner a little uncertain...” and “I have sometimes had to keep my partner from finding out about other partners”; 3) Storge, which is a friendship-based love, including items like “Our love is the best kind because it grew out of a long friendship”; 4) Pragma, which is also described as “shopping-list love”, and reflects a pragmatic and logical attitude towards love, such as “An important factor in choosing my partner was whether or not he/she would be a good parent”; 5) Mania, which is possessive love. Items included statements like “When things are not right with my partner and me, my stomach gets upset”; and 6) Agape, which is selfless, altruistic love, e.g. “I would rather suffer myself than let my partner suffer.” The subscales reliabilities ranged from .70 - .92 (Snell et al., 2002).

The Brief Sexual Attitudes Scale (BSAS). The scale consisted of statements which reflected different attitudes regarding sex. It had 4 subscales: 1) Casual sexuality, including items such as “casual sex is acceptable” and “One-night stands are sometimes very enjoyable; 2) responsible sexuality, which indicates that birth control and other contraceptives are important and are the responsibility of both males and females; 3) ideal sexuality, which states, for example, “sex is the closest form of communication between two people”; and 4) self-centered sexuality, which includes

items such as “Sex is primarily the taking of pleasure from another person”. Scores of individual scales ranged from A – E (*strongly agree* to *strongly disagree*, respectively). Both casual sexuality and self-centered sexuality subscales were reversed. The reliabilities of the subscales ranged from .71 - .93 (Hendrick et al., 2006).

The Adult Attachment Questionnaire (AAQ). The AAQ contained 3 subscales, corresponding to attachment dimensions: Close, Depend, and Anxious. Each subscale has 6 items. The scores of each subscale ranged from 1 to 5, with 1 being *strongly disagree*, and 5 being *strongly agree*. The close and depend subscales were combined. The scores on each subscale are measured such that the mean of the combined close-depend subscale (CLOSDEP) and the mean of the anxious subscale (ANXIETY) are computed. If the CLOSDEP > 3 and ANXIETY < 3, then an individual is classified as secure. If CLOSDEP > 3 and ANXIETY > 3, then an individual is preoccupied. If CLOSDEP < 3 and ANXIETY < 3, then an individual is dismissing. Finally, if CLOSDEP < 3 and ANXIETY > 3, then an individual is fearful (Collins & Read, 1990). The reliabilities ranged from .69 - .75 for the close, depend, and anxious subscales.

The Multidimensional Relationship Questionnaire (MRQ). The MRQ is a scale that measures psychological tendencies related to romantic relationships. These tendencies are presented in 12 subscales: 1) Relationship esteem. This subscale contains statements such as “I am confident of myself as an intimate partner”; 2) Relationship preoccupation. “I think of intimate relationships all the time... and more than anything else”; 3) Internal relationship control. Basically, in this subscale, one assumes a large responsibility for anything and everything that happens in the relationship; 4) Relationship consciousness, which contains items such as “I reflect about my intimate relationships a lot” and “I usually spend time thinking about my intimate relationships”; 5) Relationship motivation. This relationship aspect indicates that much time and effort are devoted to being and remaining in an intimate relationships; 6) Relationship anxiety, which is simply being anxious most of the time in the relationship, and regarding any aspect of the relationship; 7) Relationship assertiveness which indicates that one is assertive in a relationship and is direct about

voicing preferences; 8) Relationship depression (I feel depressed about my intimate relationship); 9) External relationship control, which is assuming that anything that happens in a relationship, be it good or bad, is due to chance or other external reasons; 10) Relationship monitoring. This means one is always monitoring their relationship and are constantly concerned about how this relationships is viewed by others, and how they react to it; 11) Relationship fear, which is being constantly fearful about every aspect in the relationship; and 12) Relationship satisfaction, which is one's satisfaction in their intimate relationship. Responses ranged from A (*not at all characteristic of me*) to E (*very characteristic of me*). Items 31, 47, and 59 were reversed. Reliabilities for the subscales ranged from .7 - .92 (Snell et al., 2002).

Procedures Used

Participants were informed about the general nature of the study, i.e. that it measured different aspects of romantic relationships, and were asked to fill in the questionnaires. They were not informed, however, about the predicted associations and each scale in details so as to avoid response bias and positive self-presentation. Participants were also informed that the data would be completely confidential and anonymous, and that they had the right to withdraw from the study whenever they wished. Participants were asked to fill in the five questionnaires. After completing the survey, they were debriefed about the details of the study if they were interested. Some students didn't want to know, whereas others asked a lot of questions regarding the items of the scales and what certain scores meant, after completing their questionnaires.

Data Analysis

After all the questionnaires were collected, and the data entered into the SPSS and analyzed, the results were compared with previous results from previous studies done in the West. The statistical methods used in the study were 1) A reliability analysis for each scale and subscale, 2) the frequencies of certain variables such as age, nationality, and gender, 3) a correlation to determine

correlations among variables and to assess predictors of relationship satisfaction, and 4) a multiple regression to determine which of the variables predict(s) relationship satisfaction.

Summary of the Methodology

In summary, the chapter presented the methodology used in the present study. The study was quantitative with the aim of examining certain correlations among the variables passionate love, love styles, sexual attitudes, attachment styles, and relationship satisfaction, and to determine which variable predicts relationships satisfaction. The scales that were used were the Passionate Love Scale (PLS), the Love Attitudes Scale (LAS), the Brief Sexual Attitudes Scale (BSAS), the Adult Attachment Questionnaire (AAQ), and finally, the Multidimensional Relationship Questionnaire (MRQ).

The reliability, Cronbach alpha, of the PLS for the present study was .95, which was not much higher than the reliability found in the study by Hatfield and Sprecher (1986) ($\alpha = .91$).

Reliability of the LAS

The reliability of the LAS is shown in the table below:

Table 1. Reliability of the LAS

	Cronbach alpha (α) of Frey and Hijjar's 1999 study	Cronbach alpha (α) of present study
Means - program	.84 - .82	Frey - means: .71 - .88
Love subscale (7 items)		.73
Laurels subscale (7 items)		.81
Starry subscale (7 items)		.86
Program subscale (7 items)		.86
Playful subscale (7 items)		.81
Acquaintance subscale (7 items)		.82

Chapter IV: Results

First, an assessment of the reliabilities of the PLS, LAS, BSAS, AAQ, and MRQ was made. Next, in order to test for the hypotheses of the study, the following were done: 1) a correlation, to examine any relationships among the variables of the study, and to see what correlates with the dependent variable, relationship satisfaction, and 2) a multiple regression was performed to see whether any of the independent variables passionate love, love styles, sexual attitudes, and attachment styles predicts the dependent variable, relationship satisfaction; whether love was really the greatest predictor of relationship satisfaction; and to examine differences among the relationships between the attachment styles and relationship satisfaction.

Reliability of PLS (passionate love scale)

The reliability, Cronbach alpha, of the PLS for the present study was .95, which was not much higher than the reliability found in the study by Hatfield and Sprecher (1986) ($r = .91$).

Reliability of the LAS

The reliability of the LAS is shown in the table below:

Table 1: Reliability of the LAS

	Cronbach alpha (r) of Frey and Hojjat's 1998 study	Cronbach alpha (r) of present study:
Mania – pragma	.64 - .82	Eros – storage: .73 - .88
Eros subscale (7 items)		.73
Ludus subscale (7 items)		.83
Storage subscale (7 items)		.88
Pragma subscale (7 items)		.86
Mania subscale (7 items)		.83
Agape subscale (7 items)		.82

Overall, the reliabilities of the subscales were quite high, and the range of the reliabilities of the subscales of the present study is larger than the range of the past study by Frey and Hojjat (1998).

Reliability of BSAS

Table 2 shows the reliability, Cronbach alpha, of each subscale in the BSAS:

Table 2: Reliability of the BSAS

	Cronbach alpha (r) of Hendrick, Hendrick, and Reich's 2006 study:	Cronbach alpha (r) of present study:
Communion/ideal sexuality – Permissiveness/ casual sex.	.71 - .93	Responsible sexuality – permissiveness: .85 - .91
Permissiveness/casual sexuality (10 items)	.93	.91
Responsible sexuality/birth control (3 items)	.84	.85
Ideal sexuality/communion (5 items)	.71	.85
Self-centered sexuality/instrumentality (5 items)	.77	.88

Overall, the BSAS was found to be a reliable scale, with the range of reliabilities falling within the previous study's range.

Reliability of AAQ:

Table 4 shows the reliabilities of the AAQ's attachment dimension, depend, anxious, and close:

Table 3: Reliability of the AAQ

	Cronbach alpha (r) of the study by Collins and Read (1990):	Cronbach alpha (r) of present study:
Close – depend	.69 - .75	.70 - .82
Depend subscale (6 items)	.75	.82
Anxious subscale (6 items)	.72	.81
Close subscale (6 items)	.69	.70

The reliabilities of the subscale of the AAQ were quite high, but only the close dimension's reliability fell within the range of .69 - .75, which is the range of the study by Collins and Read (1990). The reliabilities of the close subscale found in both studies were almost the same. However, the reliabilities of both the *depend* and *anxious* subscales of the present study were larger than the reliabilities found in the study by Collins and Read (1990) (see table 3 above).

Reliability of the MRQ:

The Multidimensional Relationship Questionnaire (MRQ), which measures psychological dispositions associated with intimate relations, was also assessed for the reliabilities of its subscales.

Although out of the twelve subscales, the dependent variable, relationship satisfaction, was the only variable that was intended to be tested for against other variables, interesting findings were found regarding the other variables as well, and the reliabilities of the subscales are shown in table 5 below:

Table 4: Reliability of the MRQ

	Cronbach alpha (r) of the study by Snell, Schicke, & Arbeiter (2002)	Cronbach alpha (r) of present study:
	.7 - .92	Esteem – fear: .77 - .95
Relationship esteem subscale (5 items)		.77
Preoccupied rel. subscale (5 items)		.83
Internal relationship control subscale (5 items)		.94
Relationship consciousness (5 items)		.93
Relationship motivation subscale (5 items)		.92
Rel. anxiety subscale (5 items)		.93
Rel. assertiveness subscale (5 items)		.92
Rel. depression subscale (5 items)		.89
External rel. control (5 items)		.85

Rel. monitoring subscale (5 items)	.93
Rel. fear subscale (5 items)	.95
Rel. satisfaction subscale (5 items)	.91

As was shown in the table, the MRQ subscales were found to be high. Esteem, preoccupied, motivation, assertiveness, depression, external control, and relationship satisfaction had reliabilities that fell within the range of Snell, Schicke, and Arbeiter's (2002) study, .7 - .92. The internal relationship control, relationship consciousness, anxiety, monitoring, and fear dimensions had reliabilities greater than those found by the former study.

Hypothesis testing

1. The first hypothesis of the present study stated that participants high on passionate love are more likely to score high on the Eros love style.
2. Hypothesis two said that participants who scored high on the PLS are less likely to score high on the ludus subscale, which means that they are less likely to be game-playing in their romantic relationships.
3. The third hypothesis stated that a self-centered sex attitude might correlate negatively with the agape love style.
4. Hypothesis four stated that love would be the greatest predictor of relationship satisfaction.
5. The fifth hypothesis said that relationship satisfaction would increase significantly more when a person changes from being labeled as 'other' to being more secure.

Examination of significant correlations

The Person correlations are shown in the table below:

table 5: correlation coefficients

	Relationship satisfaction	passionate love	Self-centered sexuality	Eros	Ludus	Agape
Relationship Satisfaction	1.00	.16 (.053)	-.23 (.01)	.31 (.001)	.02 (.44)	.37 (.000)
Passionate Love		1.00	-.51 (.000)	.75 (.000)	.03 (.40)	.16 (.05)
Self-centered sexuality			1.00	-.51 (.000)	-.02 (.41)	-.42 (.000)
Eros				1.00	-.03 (.39)	.21 (.02)
Ludus					1.00	.12 (.11)
Agape						1.00

*significance is parenthesized

There was a significant, positive correlation between passionate love and eros. This supports the first hypothesis, which stated that those high on passionate love are more likely to report high physical chemistry with their partners.

There was a non-significant relationship between love and ludus. This contradicts hypothesis 2, which stated that those who showed more passionate love are less likely to be game-playing in their relationship, hence, the relationship between the two variables should have been negative. However, the results showed that it was non-significant.

There was a significant relationship between self-centered sex and agape. This indicates that those with a self-centered sexual attitude are less likely to be altruistic and all-giving towards their romantic partners. Therefore, the third hypothesis was supported.

Examination of Significant Predictors of Relationship Satisfaction

The regression analysis showed the following:

Table 6: regression coefficients				
Predictors	B	SE	<i>B</i>	<i>sig.</i>
Constant	.92	.80		.25
love	-.02	.06	-.02	.73
Rel. preoccupation	.13	.06	.11	.046
Rel. motivation	.21	.05	.24	.000
Rel. anxiety	-.20	.07	-.21	.004
Rel. depression	-.20	.05	-.18	.000
External rel. control	-.14	.07	-.11	.04
Eros	-.047	.12	-.03	.70
Mania	.29	.11	.21	.01
Secure vs. other	1.14	.27	.58	.000
Preoccupied vs. other	.94	.24	.33	.000
Dismissing vs. other	.44	.20	.14	.03
Fearful vs. other	.38	.19	.14	.045
<p>*SE is the standard error</p> <p>**<i>sig</i> is the significance level</p> <p>***Dependent variable is relationship satisfaction</p> <p>**** $R^2=.922$, $sig. = .000$</p> <p>N.B. this table included only the significant predictor variables. Out of the non-significant predictors, only <i>love</i> and <i>Eros</i> were included because passionate love was to be tested for in</p>				

some of the hypotheses.

Love was not a predictor of relationship satisfaction, hence, the fourth hypothesis, which stated passionate love would be the greatest predictor of relationship satisfaction, was not confirmed. Also, Eros was not a predictor of relationship satisfaction. In fact, out of the six love styles, only mania was found to be a predictor of relationship satisfaction (see table 6).

Table 6 also showed the following:

1. The secure vs. other group: Hypothesis 5, which stated that relationship satisfaction would increase significantly more when a person changes from being labeled as ‘other’ – when the person does not belong to any of the attachment styles: secure, preoccupied, dismissing, or fearful – to being secure, was supported (This variable had the largest B value and the greatest significance, which means that it is the greatest significance of relationship satisfaction. This also contradicts hypothesis 4, which said that passionate love would be the greatest predictor of relationship satisfaction.)
2. The other three groups (preoccupied attachment, dismissing attachment and fearful attachment) were also significant predictors of relationship satisfaction. However, their significance was not as strong as that for the secure group (see table 6 above).
3. None of the sexual attitudes were significant predictors of relationship satisfaction (hence, their exclusion from table 6).

Significant correlations with the sexual attitudes

Table 7 below presents the Pearson correlations for the BSA subscales:

	Relationship	Passionate	Casual	Responsible	Ideal	Self-centered

	satisfaction	love	sexuality	sexuality	sexuality	sexuality
Relationship satisfaction	1.00	.16 (.053)	-.11 (.13)	-.07 (.25)	.20 (.02)	-.23 (.01)
Passionate love		1.00	-.50 (.000)	.17 (.047)	.74 (.000)	-.51 (.000)
Casual sexuality			1.00	-.17 (.05)	-.49 (.000)	.33 (.000)
Responsible sexuality				1.00	-.05 (.33)	-.09 (.20)
Ideal sexuality					1.00	-.48 (.000)
Self-centered sexuality						1.00
*significance is parenthesized						

As can be seen from the table, some sexual attitudes were significantly related to satisfaction (ideal and self-centered sexualities). Relationship satisfaction increases significantly as ideal sexuality increases, whereas it decreases as self-centered sexuality increases.

In Summary

In summary of the results, hypotheses 1 and 3 were supported. Results showed that passionate love was positively and significantly correlated with Eros. That is, those who were high on passionate love also reported a high physical chemistry with their partners and showed more lustful love than those who were less passionately in love. Moreover, self-centered sexuality was negatively and significantly correlated with agape (all-giving, selfless love). This indicates that those who believed that sex is primarily the taking of pleasure from another person were less likely to be altruistic in their love style.

Hypothesis 2 was not confirmed. The relationship between Passionate love and the Ludus love style was non-significant.

In contradiction to hypothesis 4, love was not the greatest predictor of relationship satisfaction. In fact, love was not even a significant predictor of relationship satisfaction. The

greatest predictor of satisfaction was the *secure vs. other* attachment style. Moreover, it was found that relationship satisfaction increased significantly more when a person became more secure, which supported hypothesis 5.

Furthermore, although there were some significant correlations between some of the sexual attitudes and relationship satisfaction, none of them was a significant predictor of relationship satisfaction.

On the other hand, all of the sexual attitudes showed significant correlations with passionate love, with ideal sexuality having the largest correlation with passionate love and responsible sexuality having the least (as was seen in table 7). It is also interesting to note that although there was a positive relationship between responsible sexuality and passionate love, the relationship between responsible sexuality and relationship satisfaction was *negative*.

Chapter V: Summary and Discussion

The purpose of the study was to examine the relationships among the variables included in the study – passionate love, sexual styles, love styles, attachment styles, and relationship satisfaction – and to determine what predicts relationship satisfaction. Hence, the goal was to find the greatest predictor of relationship satisfaction among the independent variables passionate love, love styles, sexual styles, and attachment styles.

The aim of this chapter is to summarize the findings of the present study, discuss its importance and its limitations, and mention future recommendations.

Participants who scored high on passionate love also scored high on the Eros love style, thus supporting the first hypothesis of the study, which stated that passionate love is positively correlated with Eros. This also supports the findings of Levy and Davis (1988), who found Eros and agape to be positively related to certain relationship dimensions such as intimacy, passion, satisfaction, and commitment. Since Eros is a love style which is characterized by the physical attraction and chemistry between the partners, and is an attitude where one loves another passionately, then it makes sense that as the score on the passionate love increases, so does one's Eros score.

Moreover, contrary to what Levy and Davis (1988) found, Ludus was not significantly correlated with passionate love. Thus, hypothesis 2, which stated that Ludus is negatively correlated with passionate love, was not supported. One reason for this might be because not many participants had a Ludus love style, so the relation with passionate love was not significant. Moreover, considering the Ludus items, one might not even consider Ludus a love style in the first place. E.g. Some of the items are "I have sometimes had to keep my partner from finding out about other partners," and "I try to keep my partner a little uncertain about my commitment." These attitudes might seem a bit narcissistic and might in fact contradict the element of "longing for union" that defines or characterizes passionate love. Hence, it might seem as if Ludus has little to do with love.

Regarding the BSAS, those with self-centered sexuality were less likely to be all-giving and altruistic with their partners. Hence, this supported the third hypothesis of the study, which stated that self-centered sexuality is negatively correlated with the agape love style.

The regression analysis showed that none of the sexual attitudes was a significant predictor of relationship satisfaction, despite the fact that some subscales significantly correlated with relationship satisfaction. This indicates that sexual attitudes did not play an important role in relationship satisfaction.

Previous studies on passionate love (Eros) showed that it was found to be the greatest predictor of relationship satisfaction (Contreras et al., 1996). In this study, two scales regarding passionate love were used, the Passionate Love Scale (which assesses how much one is in love) and the Love Attitudes Scale, with the Eros love style (the partners have the right physical chemistry between them and are passionately in love) as one of its subscales. Neither of the two scales was found to be a significant predictor of relationship satisfaction. Hence, the fourth hypothesis of the study – that passionate love is the greatest predictor of relationship satisfaction – was not supported.

Physiology professor Jean-Didier Vincent explains that ‘after three years or so, passion between partners naturally begins to fade, and people become attracted to other potential partners’ (Strimpel, 2011, p. 57). Psychoanalyst Marie-Jean Sauret explains this from a psychological point of view, ‘If we create a fantasy version of our partner, then over time, as we see the “real” person, we find that reality does not live up to expectation’ (p.57).

Furthermore, couples therapist Sarah Fletcher explains that ‘If you’re on track for a real partnership, that initial spark of sexual passion should grow into something more comfortable... if it’s all just based on sexual chemistry, there probably won’t be enough to sustain you’ (Strimpel, 2011, p.56).

Moreover, there could be other things that the participants were looking for in their relationships, such as relief from anxiety, avoiding loneliness, financial security, and so on... Love might not have been the need for many of them. There might have been other things that made them feel satisfied or dissatisfied in their relationships. Dating expert Sue Ostler states that ‘initial crazy passion is overrated... the danger is that because we’re so dazzled, we’re not critical, which is fine for the first three months, but then it’s time to get analytical... it’s about values, ideals, how you see the future, not just that they’re funny and cute’ (Strimpel, 2011, p. 56). Therefore, once the passion fades, there could be other things that determine whether one is going to be satisfied or not in their romantic relationships. It could be the case that in Lebanon, people still regard love as a “luxury”, and look for things like financial and emotional security and stability in serious, long-term relationships. This was not the case in studies regarding the West.

In the present study, it was the secure attachment style that was the greatest predictor of relationship satisfaction. The regression analysis showed that those who were secure were more likely to be satisfied in their relationships than those who did not belong to any attachment style (secure, preoccupied, dismissing, or fearful). This supports the fifth hypothesis of the study, which stated that relationship satisfaction increased significantly more as one changed from being labeled as ‘other’ to being more secure. In fact, all of the other attachment styles (preoccupied, dismissing, and fearful) were significant predictors of relationship satisfaction.

This contradicts the findings in the study by Fricker and Moore (2002), which compares the effects of the attachment theory and love styles on relationship satisfaction. The authors did not find the secure attachment style to correlate with nor predict relationship satisfaction.

One reason why the attachment styles were stronger predictors of relationship satisfaction than love was (which, in fact, wasn’t a predictor) is a needs-based reason. According to Susan Quilliam, a relationship psychologist, ‘Our upbringing leaves us with certain needs that are absolutely compelling’ (Strimpel, 2011, p. 57). Some people might feel an initial rush of desire

towards a person based on certain needs, such as wanting to be intimate, wanting to have babies, or wanting to be financially secure. For example, a dismissing person might have had a certain upbringing that led to their being dismissing. Children who have had parents who were rarely available or who were overly-anxious themselves or overly controlling might turn out to be dismissing. As a result, although they might not feel comfortable being close to others and letting others depend on them, they could still find partners who remind them of their caregiver(s), or who are the exact opposite to their caregiver(s) as a way to resolve inner turmoil and address their needs.

However, problems arise when the other partner has inner turmoil themselves and fail to meet the person's expectations. Therefore, in this case, it was the attachment one had with their caregivers and their personal needs and expectations of other people which attracted them to their partners and caused them to be satisfied or dissatisfied in their relationships.

Limitations of the study and future recommendations

There were many limitations to the study, one being the fact that the sample was a small, non-random sample. The lack of a random sample does not control for unknown sources of variation, therefore, the results could be due to extraneous variables. Moreover, the results could not be generalized to the larger HU community. The large number of independent variables in the study could have also led to the lack of correlation between some variables, for example, passionate love, and the dependent variable, relationship satisfaction.

One factor that might have affected the internal validity of the study was maturation. Since the questionnaires were long and took time to complete, many participants were bored and didn't take the questionnaires seriously such that they talked to friends or talked on the phone while filling the questionnaires. Moreover, many participants dropped out of the study because they said the survey was too long and they had other things to do. These surveys were deleted from the study.

Threats to the external validity of the study could have been demand characteristics, such that any cues in the questionnaires' instructions or wording could have affected the participants' perceptions of the experiment and might have affected their responses.

Moreover, positive self-presentation could be another threat, were participants respond in a way as to present themselves positively to the researcher or in the study. The small sample size, as was mentioned earlier, could be yet another threat to the external validity. Also, had the sample been larger, the results could have been different and there could be significant associations between some variables.

Another threat could be participant sophistication, such that some participants might be familiar with Psychology and Psychological studies, thus responding in a way that they think the researcher wants.

In the future, if a similar study is to be made, it would be necessary to include a larger sample in order to be able to generalize to the HU community. Moreover, it would be interesting to include participants from across the Lebanese areas and districts to assess the views of the Lebanese population regarding passionate love, attachment styles, and the other variables, and to determine what predicts relationship satisfaction in the larger Lebanese population.

Importance and implications of the study

There was few to no information with regard to romantic relationships and relationship satisfaction in the Middle East. One article that was done in Turkey by Buyuksahin (2005) aimed towards adapting the Multidimensional Relationship Questionnaire (MRQ) to the Turkish Culture and assessing the reliability and validity of the scale. The study compared and correlated the subscales of the MRQ with the items of the Relationship Assessment Scale (RAS), which was another scale used for assessing relationship assessment, and compared the MRQ subscales according to gender. The results of that study showed that relationship satisfaction decreased as

relationship fear, anxiety, monitoring, and external control increased. However, the study did not examine any association between other phenomena such as love, sex, and attachment styles with relationship satisfaction. Hence, the present study hopes to be one of the studies to examine those phenomena and determine what predicts relationship satisfaction in the Middle East, and specifically in Lebanon.

Moreover, It is important to have extra knowledge about romantic relationships and factors that correlate with or lead to relationship satisfaction in Lebanon so that counselors, family therapists, couples therapists, social workers or other professionals will be able to offer psychological help and advice to couples or families that suffer from relationship problems, hence eliminating problems that arise with relationship dissatisfaction, such as divorce, low self-esteem, aggressive children, etc... Topics such as passion and sexual desire, which were once viewed as taboos, should be researched more in this part of the world and specifically in Lebanon because many people believe that a relationship is over once the sparks of passions and sexual desire are gone. As a result, many people begin to doubt their love for their partners. Not many people know that they have to work on their desire for it to endure.

Furthermore, professionals should explain to clients the different stages of love (passion, intimacy, being comfortable with one another, communication, etc...) so that as a relationship develops, and people start to feel differently, or when the initial sexual desire starts to fade, people don't give up on their relationships. Also, since many adults seek counseling in relationship problems, and since attachment was found to be linked to relationship satisfaction, with the secure attachment being the strongest predictor of relationship satisfaction in this study, it is necessary that counselors include Attachment Theory as part of counseling.

Finally, it would be interesting to do studies related to personality traits that affect one's satisfaction in a relationship, and to see whether being in a relationship or not and being satisfied in a relationship affects one's overall well-being and psychological states. It is hoped that this study

will lead to future studies regarding the phenomena of love, sex, and attachment, and possibly other interesting topics.

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Your name and identity will not be revealed from completing this questionnaire because all will be anonymous and confidential. If you wish to no longer participate or take part in this questionnaire you may stop at any time.

The results of this questionnaire will be completely confidential and anonymous, however, if you have any inquiries about the results of this study, please do not hesitate to contact me at the following e-mail address: myra.hanish@gmail.com

Thank you for your cooperation.

Myra Hanish

Appendix

Haigazian University

To Whom It May Concern,

My name is Mayda Harakeh and I'm doing my Master's in Psychology at Haigazian University. The following questionnaire is part of my Thesis and it consists of five scales and some demographic questions. I'm interested in examining one's attitudes in romantic relationships.

Your name and identity will not be revealed from completing this questionnaire because all will be anonymous and confidential. If you wish to no longer participate or take part in this questionnaire you may stop at any time.

The results of this questionnaire will be completely confidential and anonymous; however, if you have any inquiries about the results of this study, please do not hesitate to contact me at the following e-mail address: mayda.harakeh@gmail.com

Thank you for your cooperation,

Mayda Harakeh

1. I would feel deep despair if he/she left me. 1 2 3 4 5 6 7 8
2. Sometimes I feel I can't control my thoughts. They are obsessively about him/her. 1 2 3 4 5 6 7 8
3. I feel happy when I am doing something to make him/her happy. 1 2 3 4 5 6 7 8
4. I would rather be with him/her than anyone else. 1 2 3 4 5 6 7 8
5. I'd get jealous if I thought he/she were falling in love with someone else. 1 2 3 4 5 6 7 8
6. I yearn to know all about him/her. 1 2 3 4 5 6 7 8
7. I want him/her physically, emotionally, and mentally. 1 2 3 4 5 6 7 8
8. I have an insatiable appetite for affection. 1 2 3 4 5 6 7 8

Socio-Demographic Information

I. Sex:

II. Age:

III. Nationality:

Passionate Love Scale:

Please think of the person whom you love most passionately *right now*. If you are not in love, please think of the last person you loved. If you have never been in love, think of the person you came closest to caring for in that way.

Try to describe the way you felt when your feelings were most intense.

Answers range from (1) Not at all true to (9) Definitely true.

Circle the response that best describes how you feel.

- | | |
|---|-------------------|
| 1. I would feel deep despair if he/she left me. | 1 2 3 4 5 6 7 8 9 |
| 2. Sometimes I feel I can't control my thoughts.
They are obsessively about him/her. | 1 2 3 4 5 6 7 8 9 |
| 3. I feel happy when I am doing something
to make him/her happy. | 1 2 3 4 5 6 7 8 9 |
| 4. I would rather be with him/her
than anyone else. | 1 2 3 4 5 6 7 8 9 |
| 5. I'd get jealous if I thought he/she
were falling in love with someone else. | 1 2 3 4 5 6 7 8 9 |
| 6. I yearn to know all about him/her. | 1 2 3 4 5 6 7 8 9 |
| 7. I want him/her physically, emotionally, and
mentally. | 1 2 3 4 5 6 7 8 9 |
| 8. I have an endless appetite for affection | 1 2 3 4 5 6 7 8 9 |

- from him/her.
9. For me, he/she is the perfect romantic partner. 1 2 3 4 5 6 7 8 9
10. I sense my body responding when he/she touches me. 1 2 3 4 5 6 7 8 9
11. She/he always seems to be on my mind. 1 2 3 4 5 6 7 8 9
12. I want him/her to know me-my thoughts, fear and hopes. 1 2 3 4 5 6 7 8 9
13. I eagerly look for signs indicating his/her desire for me. 1 2 3 4 5 6 7 8 9
14. I possess a powerful attraction for him/her. 1 2 3 4 5 6 7 8 9
15. I get extremely depressed when things don't go right in my relationship with him/her. 1 2 3 4 5 6 7 8 9

The Brief Sexual Attitudes Scale

For each statement circle the response that indicates how much you agree or disagree with that statement.

A = strongly agree with statement

B = moderately agree with the statement

C = Neutral - neither agree nor disagree

D = moderately disagree with the statement

E = strongly disagree with the statement

Questions:

- 1) I do not need to be committed to a person to have sex with him/her. A B C D E
- 2) Casual sex is acceptable. A B C D E
- 3) I would like to have sex with many partners. A B C D E
- 4) One-night stands are sometimes very A B C D E

enjoyable.

- 5) It is okay to have ongoing sexual relationships with more than one person at a time. A B C D E
- 6) Sex as a simple exchange of favors is okay if both people agree to it. A B C D E
- 7) The best sex is with no strings attached. A B C D E
- 8) Life would have fewer problems if people could have sex more freely. A B C D E
- 9) It is possible to enjoy sex with a person and not like that person very much. A B C D E
- 10) It is okay for sex to be just good physical release. A B C D E
- 11) Birth control is part of responsible sexuality. A B C D E
- 12) A woman should share responsibility for birth control. A B C D E
- 13) A man should share responsibility for birth control. A B C D E
- 14) Sex is the closest form of communication between two people. A B C D E
- 15) A sexual encounter between two people deeply in love is the ultimate human interaction. A B C D E
- 16) At its best, sex seems to be the merging of two souls. A B C D E
- 17) Sex is a very important part of life. A B C D E
- 18) Sex is usually an intensive, almost overwhelming experience. A B C D E
- 19) Sex is best when you let yourself go. A B C D E

and focus on your own pleasure.

- 20) Sex is primarily the taking of pleasure from another person. A B C D E
- 21) The main purpose of sex is to enjoy oneself. A B C D E
- 22) Sex is primarily physical. A B C D E
- 23) Sex is primarily a bodily function like eating. A B C D E

Adult Attachment Questionnaire

Score the following items according to how characteristic each sentence is of you.

0 = not at all characteristic of me

1 = slightly characteristic of me

2 = neutral

3 = slightly characteristic of me

4 = very characteristic of me.

Questions:

1. I find it difficult to allow myself to depend on others
2. People are never there when you need them
3. I am comfortable depending on others
4. I know that others will be there when I need them
5. I find it difficult to trust other completely
6. I am not sure that I can always depend on others to be there when I need them
7. I do not often worry about being abandoned
8. I often worry that my partner does not really love me
9. I find others are reluctant to get as close as I would like
10. I often worry my partner will not want to stay with me
11. I want to merge completely with another person
12. My desire to merge sometimes scares people away
13. I find it relatively easy to get close to others
14. I do not often worry about someone getting close to me
15. I am somewhat uncomfortable being close to others
16. I am nervous when anyone gets too close
17. I am comfortable having other depend on me
18. Often, love partners want me to be more intimate than I feel comfortable being

The Multidimensional Relationship Questionnaire

For each statement fill in the response that indicates how much it applies to you by using the following scale:

A = Not at all characteristic of me.

B = Slightly characteristic of me.

C = Somewhat characteristic of me.

D = Moderately characteristic of me.

E = Very characteristic of me.

Questions:

1. I am confident about myself as an intimate partner.
2. I think about intimate relationships all the time.
3. My intimate relationships are something that I am largely responsible for.
4. I reflect about my intimate relationships a lot.
5. I'm very motivated to be involved in an intimate relationship.
6. Intimate relationships make me feel nervous and anxious.
7. I'm very assertive in my intimate relationships.
8. I feel depressed about my intimate relationship.
9. My intimate relationships are determined mostly by chance happenings.
10. I'm concerned about what other people think of my intimate relationships.
11. I am somewhat afraid of becoming intimately involved with a partner.
12. I am very satisfied with the way my intimate needs are currently being met.
13. I think of myself as a pretty good intimate partner.
14. I think about intimate relationships more than anything else.
15. My intimate relationships are determined in large part by my own behavior.
16. I usually spend time thinking about my intimate relationships.
17. I'm strongly motivated to devote time and effort to an intimate relationship.
18. I am somewhat awkward and tense in intimate relationships.
19. I'm very direct about voicing preferences in my intimate relationships.
20. I feel unhappy about my intimate relationship.

21. Most things that affect my intimate relationships happen to me by accident.
22. I'm concerned about the way my intimate relationships are presented to others.
23. I sometimes have a fear of intimate relationships.
24. I am very satisfied with my intimate relationship.
25. I am better at intimate relationships than most other people.
26. I tend to be preoccupied with intimate relationships.
27. I exert a great deal of control over my intimate relationships.
28. I'm always trying to understand by intimate relationships.
29. I have a strong desire to be involved in an intimate relationship.
30. I feel nervous when I interact with a partner in an intimate relationship.
31. I am somewhat passive about expressing my desires in intimate relationships.
32. I feel discouraged about my intimate relationship.
33. Luck plays a big part in influencing the nature of my intimate relationships.
34. I usually worry about the impression my intimate relationships have on others.
35. On occasion, I am fearful of intimate involvement with a partner.
36. My intimate relationship meets my original expectations.
37. I would rate myself pretty favorably as an intimate partner.
38. I'm constantly thinking about being in an intimate relationship.
39. The main thing which affects my intimate relationships is what I myself do.
40. I'm very alert to changes in my intimate relationships.
41. It's really important to me that I involve myself in an intimate relationship.
42. I am more anxious about intimate relationships than most people are.
43. I do not hesitate to ask for what I want in an intimate relationship.
44. I feel disappointed about my intimate relationship.
45. My intimate relationships are largely a matter of fortune (good or bad).
46. I'm usually alert to other's reactions to my intimate relationships.
47. I don't have very much fear about being involved in an intimate relationship.
48. My intimate relationship is very good compared to most.
49. I would be very confident in an intimate relationship.
50. I think about intimate relationships the majority of the time.
51. My intimate relationships are something that I myself am in charge of.

52. I'm very aware of the nature in my intimate relationships.
53. I strive to keep myself involved in an intimate relationship.
54. I feel inhibited and shy in an intimate relationship.
55. When it comes to intimate relationships, I usually ask for what I want.
56. I feel sad when I think about my intimate relationship.
57. The nature of my intimate relationships is really a matter of fate or destiny.
58. I usually notice the way that others react to my intimate relationships.
59. I'm not very afraid of becoming involved in an intimate relationship.
60. I am very satisfied with the intimate aspects of my life.

The Love Attitudes Scale

For each statement fill in the blank using the response that indicates how much you agree or disagree with that statement. The items refer to a specific love relationship.

For each question score the following:

- (1) Strongly Agree, (2) Moderately Agree, (3) Neutral- neither Agree or Disagree, (4) Moderately Disagree, and (5) Strongly Disagree

Questions:

- _____ My partner and I were attracted to each other immediately after we first met.
- _____ My partner and I have the right physical chemistry between us.
- _____ Our lovemaking is intense and satisfying.
- _____ I feel that my partner and I were meant for each other.
- _____ My partner and I became emotionally involved rather quickly.
- _____ My partner and I really understand each other.
- _____ My partner fits my ideal standards for physical beauty/ handsomeness.
- _____ I try to keep my partner a little uncertain about my commitment to him/her.
- _____ I believe that what my partner does not know about me wont hurt him/her.
- _____ I have sometimes had to keep my partner from finding out about other partners.
- _____ I could get over my affair with my partner pretty easily and quickly.

- ___ My partner would get upset if he/she knew some of things I've done with others.
- ___ When my partner gets too dependent on me, I want to back off a little.
- ___ I enjoy playing the game of love with my partner and a number of other partners.
- ___ It is hard for me to say exactly when our friendship turned into love.
- ___ To be genuine, our love first required caring for a while.
- ___ I expect to always be friends with my partner.
- ___ Our love is the best kind because it grew out of a long friendship.
- ___ Our friendship merged gradually into love over time.
- ___ Our love is really a deep friendship, not a mysterious, mystical emotion.
- ___ Our love relationship is the most satisfying because it developed from a good friendship.
- ___ I considered why my partner what my partner was going to become in life before I committed myself to him/her.
- ___ I tried to plan my life carefully before choosing my partner.
- ___ In choosing my partner, I believe it was best to love someone with a similar background.
- ___ A main consideration in choosing my partner was how he/she would reflect on my family.
- ___ An important factor in choosing my partner was whether or not he/she would be a good parent.
- ___ One consideration in choosing my partner was how he/she would reflect on my career.
- ___ Before getting very involved with my partner, I tried to figure out how compatible his/her hereditary background would be with mine in case we ever had children.
- ___ When things are not right with my partner and me, my stomach gets upset.
- ___ If my partner and I broke up, I would get so depressed that I would even think of suicide.
- ___ Sometimes I get so excited about being in love with my partner that I cannot sleep.
- ___ When my partner does not pay attention to me, I feel sick all over.
- ___ Since I have been in love with my partner, I have had trouble concentrating on anything else.
- ___ I cannot relax if I suspect that partner is with someone else.
- ___ If my partner ignores me for a while, I sometimes do stupid things to try to get his/her attention back.

___ I try to always help my partner though difficult times.

___ I would rather suffer myself than let my partner suffer.

___ I cannot be happy unless I place my partner's happiness before my own.

___ I am usually willing to sacrifice my own wishes to let my partner achieve his/hers.

___ Whatever I own is my partners to use as he/she chooses.

___ When my partner gets angry with me, I still love him/ her fully and unconditionally.

___ I would endure all things for the sake of my partner.