



北京大学心理学系
Department of Psychology, Peking University

爱的心理学 Psychology of Love

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2015年5月25日(月)

北京大学心理学系 李问归
Psychology of LOVE



Sternberg's subtheory: Love as stories



Sternberg's subtheory: Love as stories



Summary of Triangular theory

Taxonomy of some love stories

Addiction	Strong, anxious attachment; clinging behavior; anxiety at thought of losing partner
Art	Love of partner for physical attractiveness; importance to person of partner's always looking good.
Business	Relationships as business propositions; money is power; partners in close relationships as business partners
Collection	Partner viewed as “fitting in” some overall scheme; partner viewed in a detached way
Cookbook	Doing things a certain way (recipe) results in relationship being more likely to work out; departure from recipe for success leads to increased likelihood of failure
Fantasy	Often expects to be saved by a knight in shining armor or to marry a princess and live happily ever after
Game	Love as a game or sport



Summary of Triangular theory

Gardening	Relationships need to be continually nurtured and tended to
Government	(a) Autocratic. One partner dominates or controls the other; (b) Democratic. Two partners share power equally
History	Events of relationship form an indelible record; keep a lot of records, either mental or material
Horror	Relationships become interesting when you terrorize or are terrorized by your partner
House and Home	Relationships have their core in the home, through its development and maintenance
Humor	Love is a strange and funny
Mystery	Love is a mystery, and you shouldn't let too much of yourself be known
Police	You've got to keep close tabs on your partner to make sure he or she toes the line, or you need to be under surveillance to make sure you behave



Summary of Triangular theory

Pornography	Love is dirty, and to love is to degrade or be degraded
Recovery	Survivor mentality; view that after past trauma, a person can get through practically anything
Religion	Views love either as a religion or as a set of feelings and activities dictated by religion
Sacrifice	To love is to give of oneself or for someone to give of himself or herself to you
Science	Love can be understood, analyzed, and dissected, just like any other natural phenomenon
Science fiction	Feeling that partner is like an alien—incomprehensible and very strange
Sewing	Love is whatever you make it
Theater	Love is scripted, with predictable acts, scenes, and lines
Travel	Love is a journey
War	Love is a series of battles in a devastating but continuing war
Student-Teacher	Love is a relationship between a student and a teacher



- 按照原型（Prototype）概念的含义，故事可能更容易理解
- 原型概念适用于多种爱情观念，并产生了人们构想爱情的各种模型
- 爱情的概念没有定义性特征（defining feature），但具有代表性的特征（characteristic features）



1. Category

Classes of objects with similar
meaning and function

e.g., Concrete categories like
hammer and computer, or abstract
categories such as dignity and crime



2. Stereotype

Categories linking attributes to social groups

e.g., Attributes of professional (policemen) or ethnic groups (Chinese)



3. Schema

Knowledge structures linked to adaptive function

e.g., Causal schema for making quick causal inferences



4. Script

Temporally structured
behavioral routine

e.g., The sequence of behaviors
that constitute a visit to the
theatre



5. Cognitive map

Spatial organization of concrete objects in visual modality

e.g., Visual imagery of and automatic locomotion in one's university campus



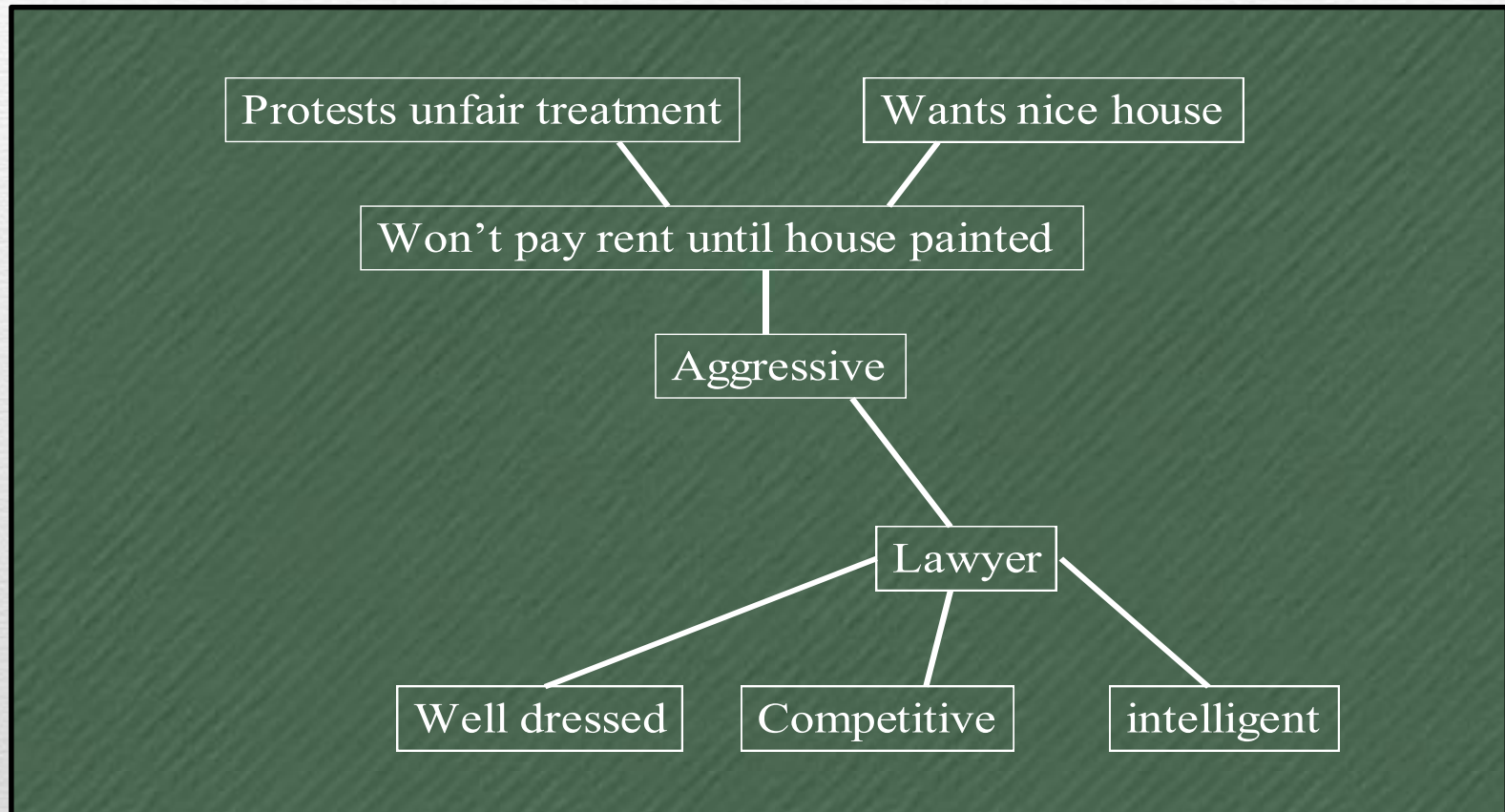
6. Associative network

Highly interconnected structure involving many different concepts

e.g., The self, including all its autobiographic, affective, and semantic aspects



Representation of concepts: Associative network





Lecture 6: Learning to Love: From your mother's arms to your lover's arms

- When love really works it seems effortless. Both partners give and both receive. They support and receive support



- Anybody who has been in love knows love is easy, loving is not. Being a good partner is difficult and for most does not come naturally.



- Early ideas about relationships:

Freud discoverer of the unconscious mind and inventor of psychoanalysis, suggested that the roots of love are not in the trial and error or even in successes and failures of adolescence.



- Early ideas about relationships:

The roots of love are in infancy.

The roots of love are in our early experiences.

The roots of love are in our mothers arms.



- Early ideas about relationships:
- This is an astonishing and improbable idea:
 - In Freud's time early experience was thought to be irrelevant. Psychologist and physicians assumed that the social and emotional life of infants and children empty and or immediately forgotten.



- Early ideas about relationships:
- This is an astonishing and improbable idea:
 - How could experiences so early in life have such long lasting affects?
 - Could early experience really affect adulthood?



- Modern understanding applied to Freud's ideas:
- Even today, the idea of infant experience affecting adulthood seems astonishing
- Infants and children are much more sophisticated than we once believed



- Psychologist thought children were just merely smaller or half-finished versions of adult.
- Some very clever experiments have shown that infants are not less than adults, they are different.
 - Infants and young children perceive the world very differently than we do.
 - They move, look, reach, grasp, speak, think, and even experience emotion according to infant rules, not adult rules.



- The change from infancy to toddlerhood is not a matter of getting bigger or better.
- It is a matter of doing things differently.
- The same can be said about the transitions from childhood to adolescence and adolescence to adulthood.
- We are like caterpillars that literally turn into something different at every stage of development.



- How could Freud be right?
- How could things that affect us in one stage of life effect us later when we have become something very different?
- The best evidence shows that in some ways Freud was right.

请拿出一张纸，填写下表：

你的姓名： _____

学号： _____

小组长的姓名： _____

小组长联系方式： _____

小组成员姓名 1： _____

联系方式： _____

小组成员姓名 2： _____

联系方式： _____

小组成员姓名 3： _____

联系方式： _____

期末小组作业主题： _____

Learning From the lecture





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