



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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# Psychology of LOVE



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北京大学心理学系 李问归  
Psychology of LOVE



## Lecture 5:

# Sternberg's Triangular theory of LOVE





# Triangular theory of LOVE

- Sternberg's triangular theory (1986) presupposes three components of love
- It defines eight types of love by the combination of the three components:
  - intimacy
  - Passion
  - decision/ commitment



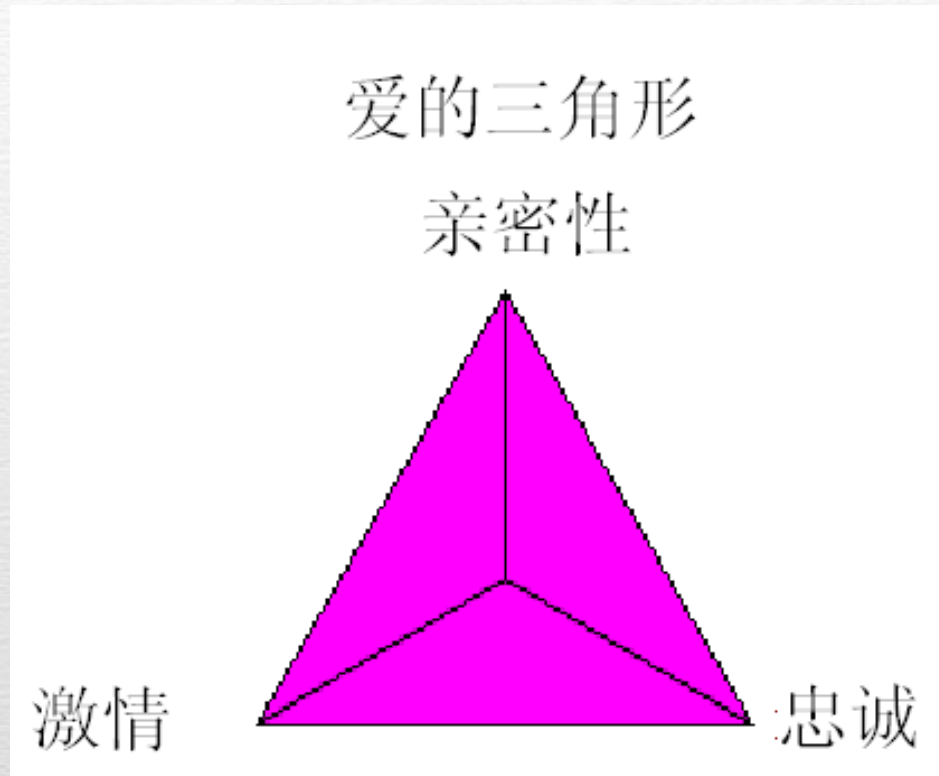


# Triangular theory of LOVE

- Passion component is equivalent to Hatfield's passionate love.
- Intimacy is theoretically defined as the same construct as Rubin's Liking
- Sternberg Triangular Love Scale (STLS)
  - consists of 72 items
  - (24 for each component)



# Triangular theory of LOVE







# Triangular theory of LOVE

- Passion component:
  - Drives that lead to romance, physical attraction, sexual consummation
  - Those sources of motivational and other forms of arousal that lead to the experience of passion in a loving relationship



# Triangular theory of LOVE

- Intimacy component:
  - Feelings of closeness, connectedness, and bondedness in loving relationships.
  - Those feelings that give rise to the experience of warmth in a loving relationships



# Triangular theory of LOVE

- Intimacy component: 10 clusters
  - ✓ Desire to promote the welfare of the loved one;
  - ✓ Experienced happiness with the loved one;
  - ✓ High regard for the loved one;
  - ✓ Being able to count on the loved one in times of need;
  - ✓ Mutual understanding with the loved one;
  - ✓ Sharing of one's self and one's possessions with the loved one;
  - ✓ Receipt of emotional support from the loved one;
  - ✓ Giving of emotional support to the loved one;
  - ✓ Intimate communication with the loved one;
  - ✓ Valuing of the loved one





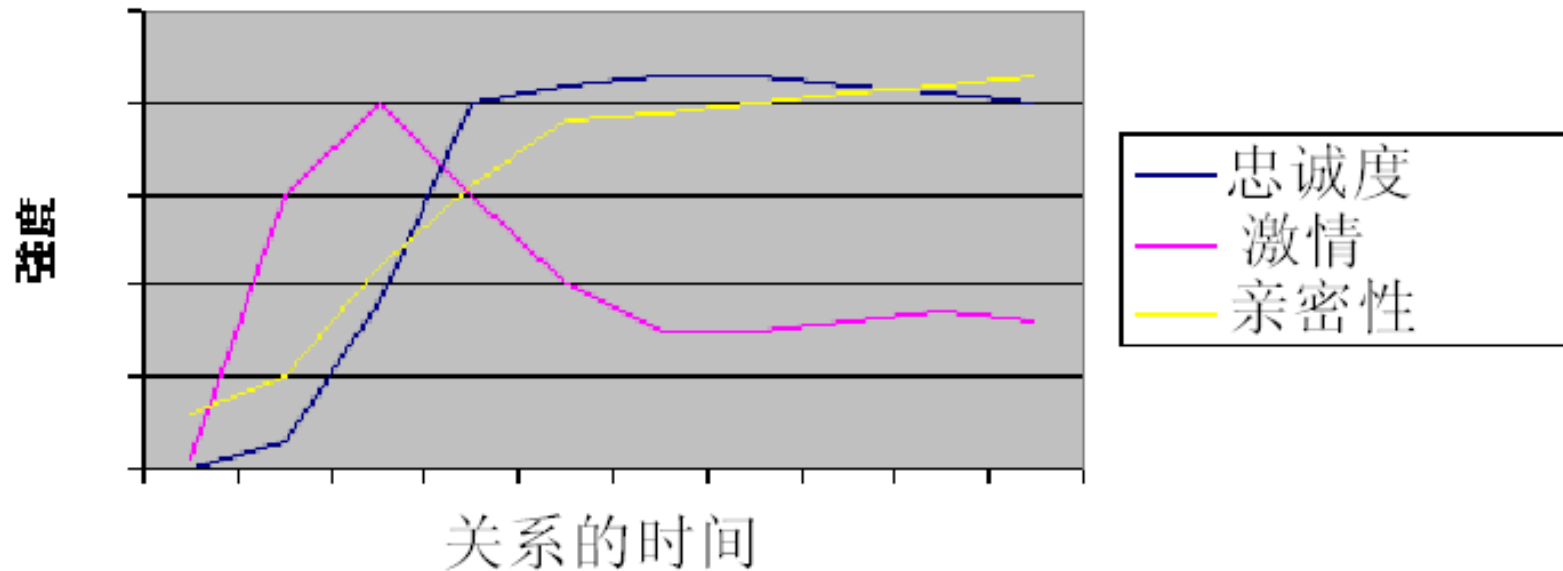
# Triangular theory of LOVE

- Decision/Commitment component:
  - Decision that one loves a certain other
  - One's commitment to maintain that love
- One can decide to love someone without being committed to the love in the long term;
- Or one can be committed to a relationship without acknowledging that one loves the other person in the relationship



# Triangular theory of LOVE

爱的三要素随时间变化的情况





# Triangular theory of LOVE

## Sternberg's Triangular theory

	亲 密	激 情	承 诺	
无爱				
喜欢或友情	X			
迷恋式爱情		X		
空洞式爱情			X	
浪漫式爱情	X	X		
伴侣式爱情	X		X	
愚蠢式爱情		X	X	
完美爱情	X	X	X	



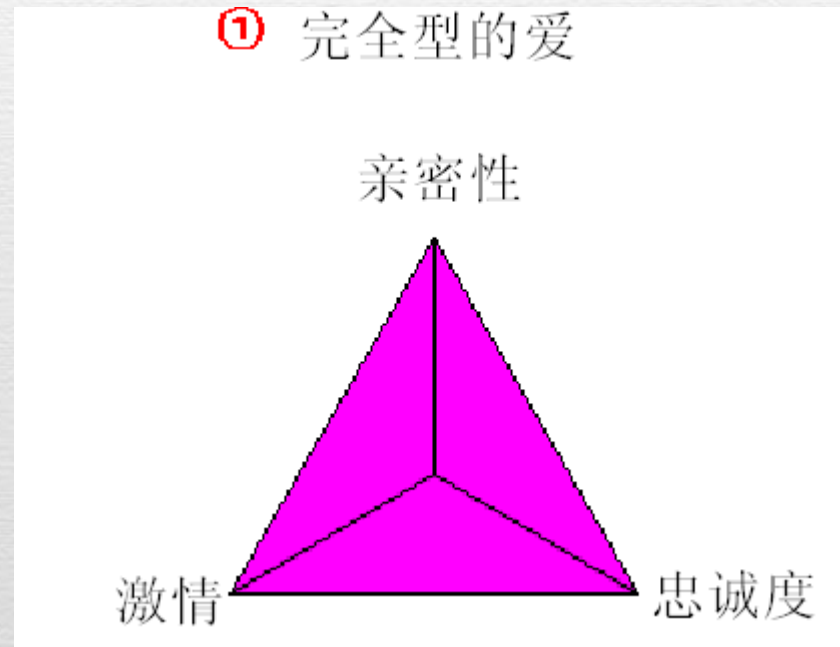


# Triangular theory of LOVE

## Sternberg's Triangular theory

*Consummate Love: Equal strength of three components*

① 完全型的爱

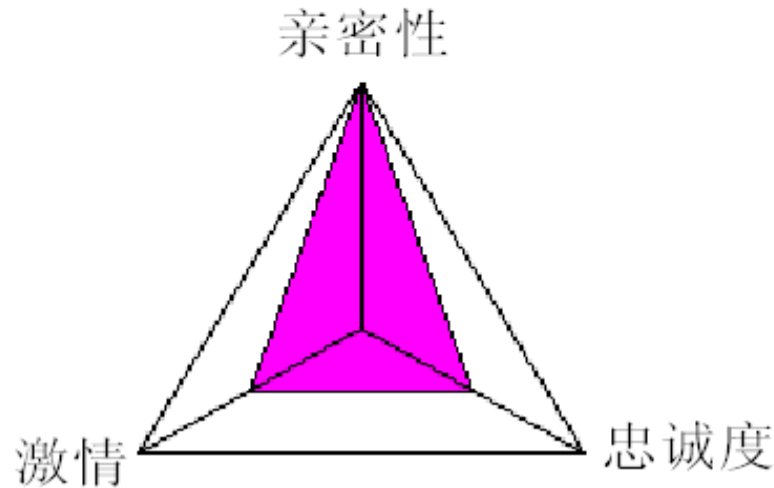




# Triangular theory of LOVE

*Liking: Strong intimacy, weak commitment and passion*

② 喜欢型的爱

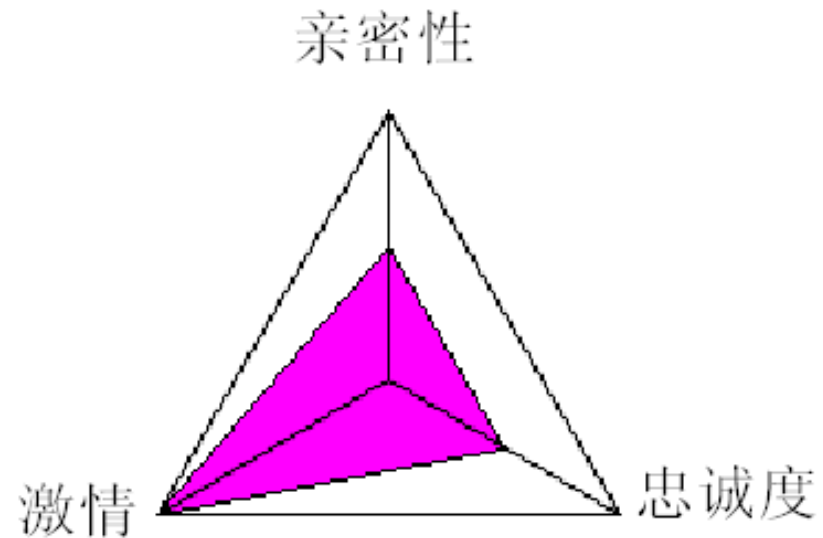




# Triangular theory of LOVE

*Infatuation Love: Strong passion, weak commitment and intimacy*

② 心醉型的爱



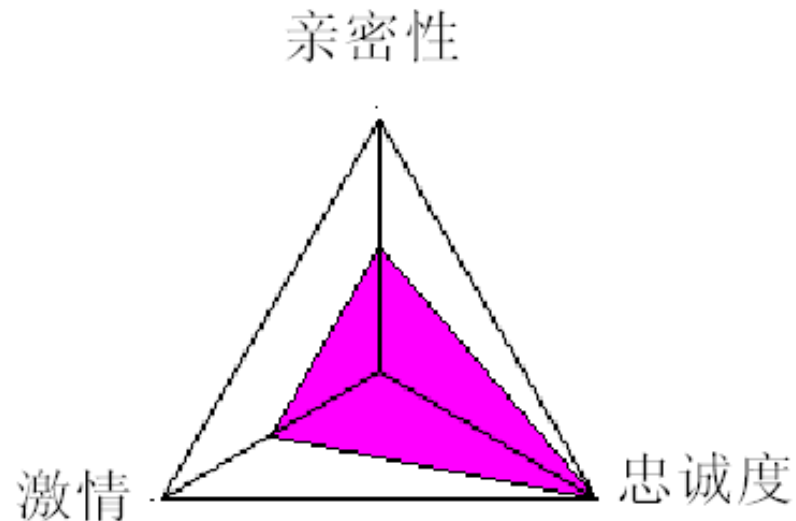




# Triangular theory of LOVE

**Empty Love:** Strong commitment, weak passion and intimacy

## ④ 虚爱型

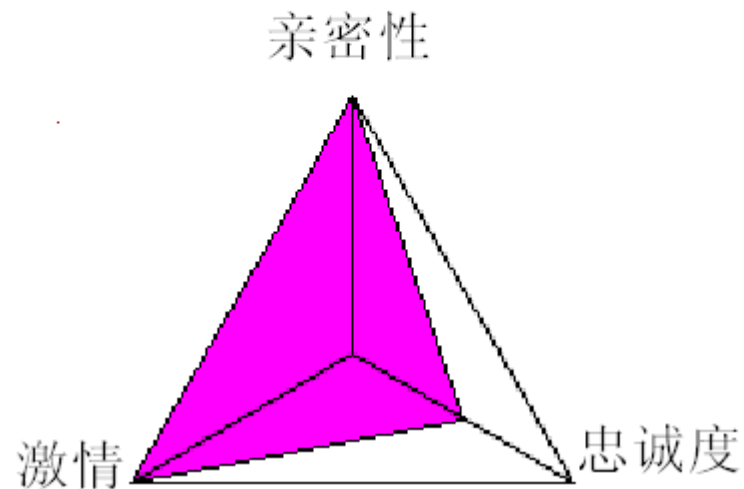




# Triangular theory of LOVE

**Romantic Love:** *Strong passion and intimacy, weak commitment*

⑤ 浪漫的爱

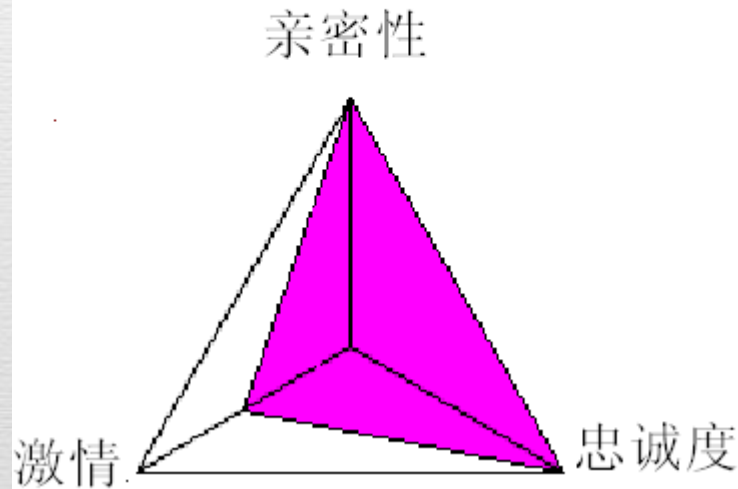




# Triangular theory of LOVE

**Companionate Love:** *Strong commitment and intimacy, weak passion*

⑥ 友谊式的爱

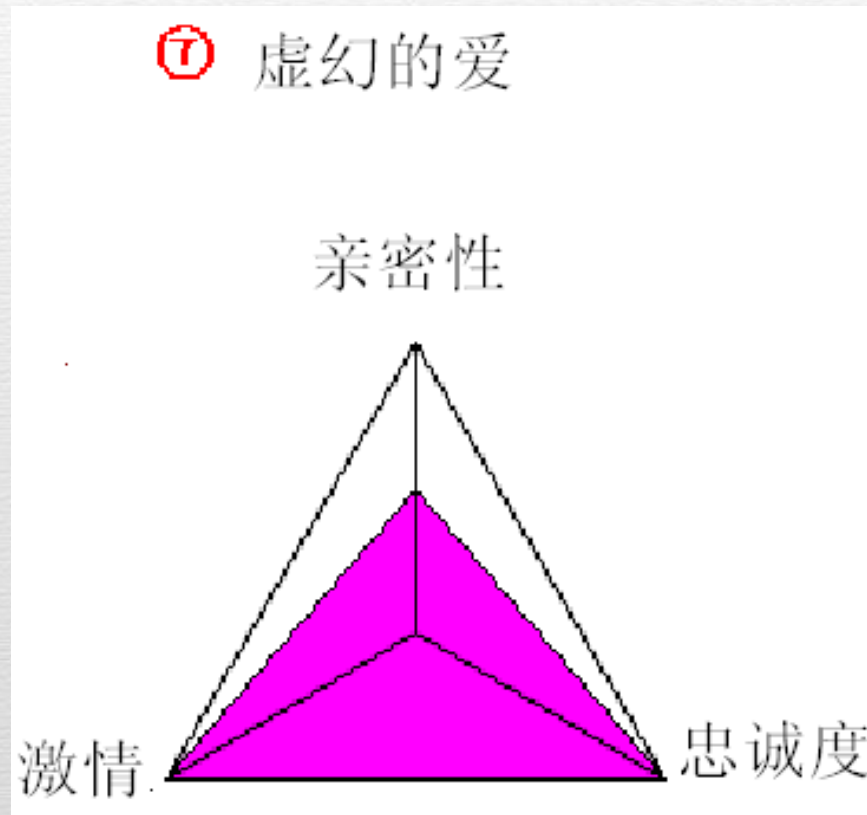






# Triangular theory of LOVE

***Fatuous Love:*** Strong commitment and passion, weak intimacy

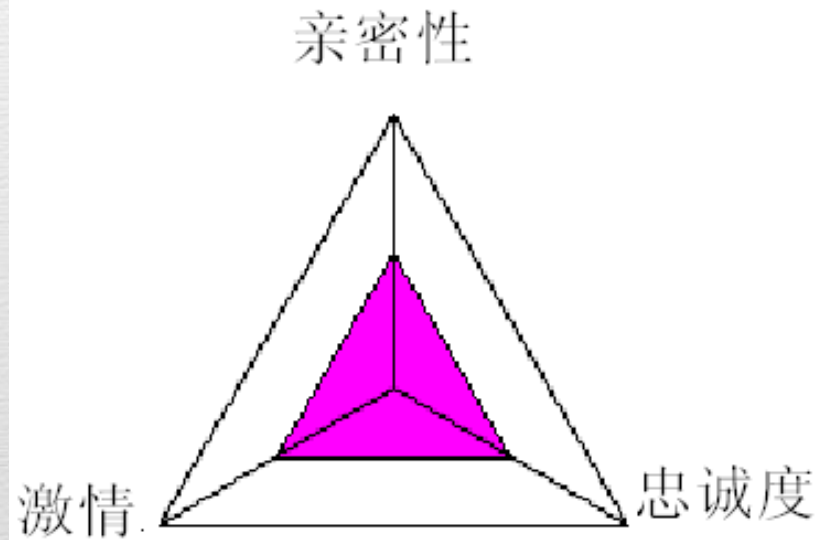




# Triangular theory of LOVE

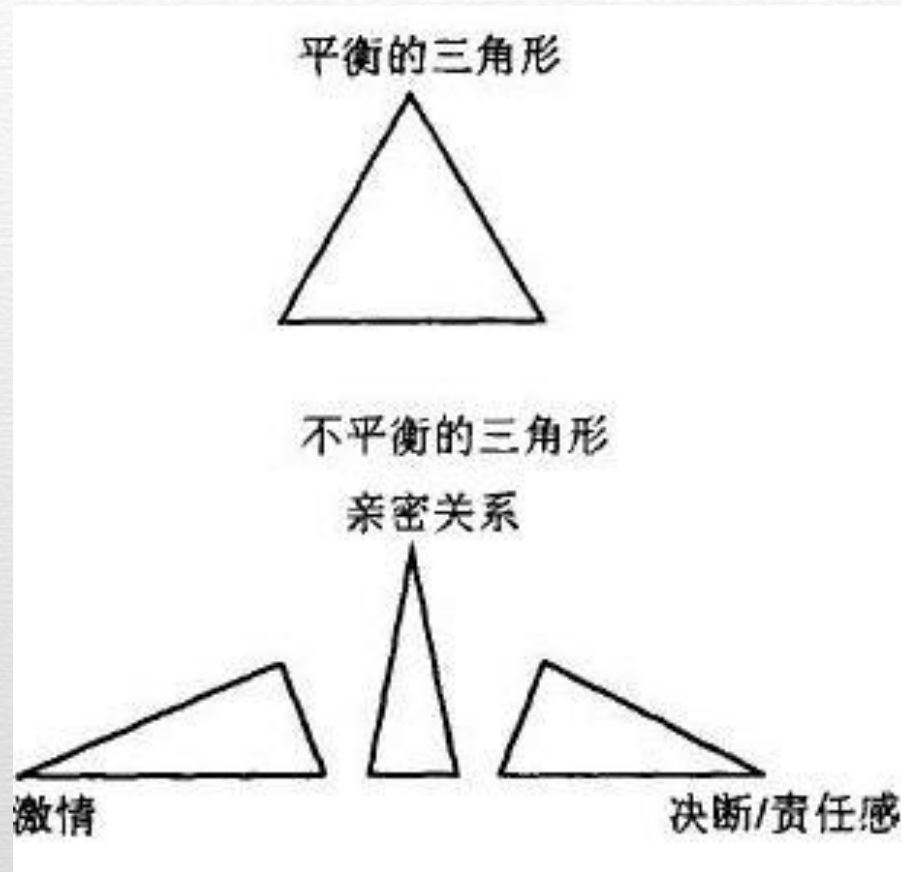
**Nonlove:** weak on three components

⑧ 非爱型





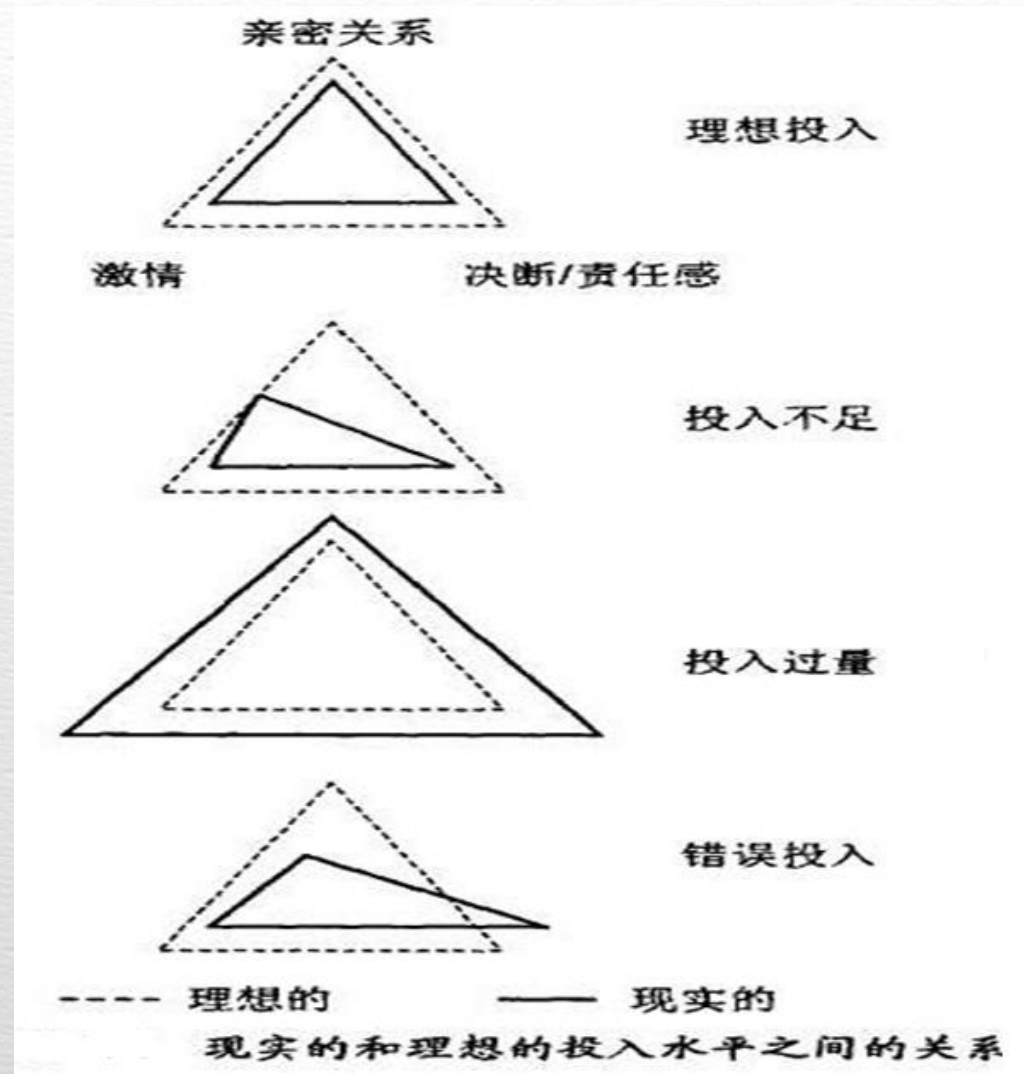
# Triangular theory of LOVE





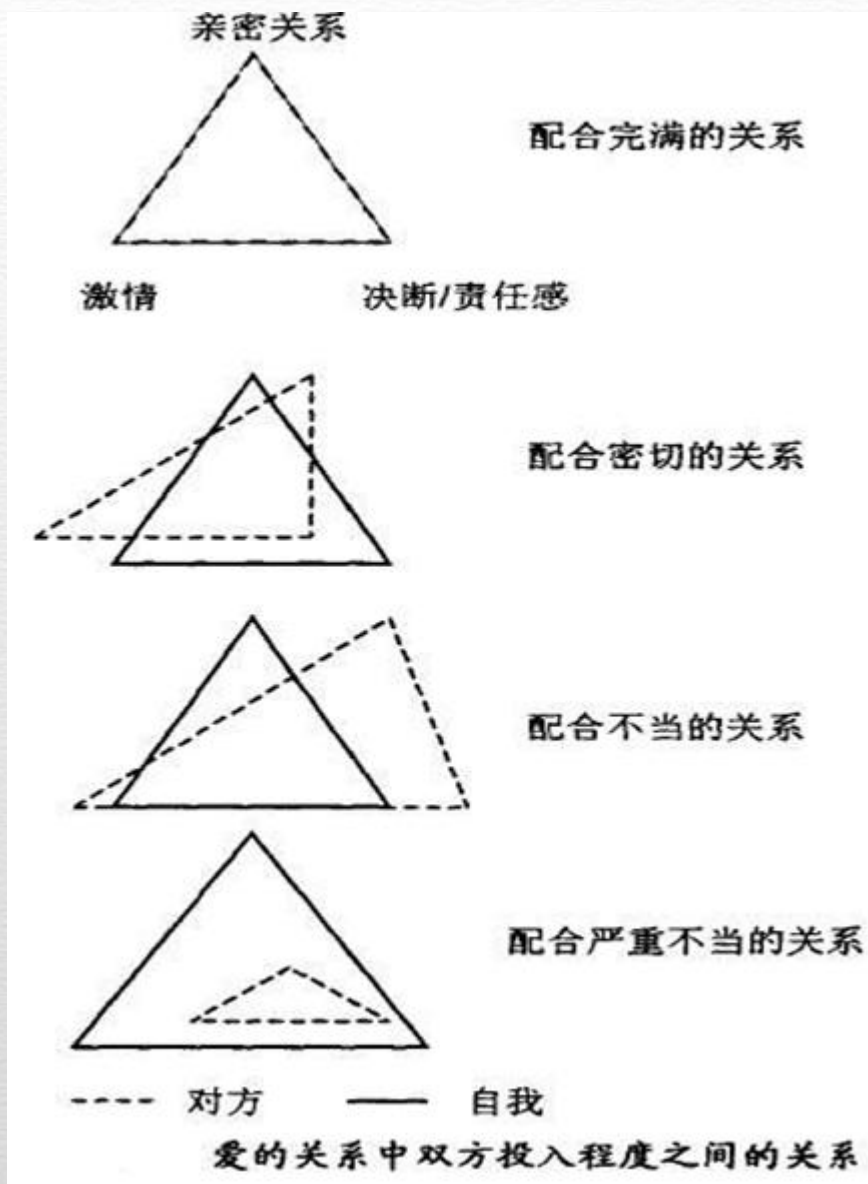


# Triangular theory of LOVE





# Triangular theory of LOVE





## *Sternberg's subtheory: Love as stories*





# LOVE as stories

- 爱情三角形来源于故事。所有人都会接触到大量的各种各样的故事
- 故事可以通过观察恋爱中的人或看电视、电影或者小说中获得
- 个体会形成自己的故事
- 个人品质和环境的互动导致了爱情故事的发展，尽可能在生活中演绎这种故事
- 故事在概念化人们的爱情观念时特别有用



## SUBTHEORY: LOVE as 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.



## SUBTHEORY: LOVE as stories

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





## SUBTHEORY: LOVE as stories

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



## SUBTHEORY: LOVE as stories

Game	Love as a game or sport
Gardening	Relationships need to be continually nurtured and tended to



## SUBTHEORY: LOVE as stories

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





## SUBTHEORY: LOVE as stories

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



## SUBTHEORY: LOVE as stories

Humor	Love is a strange and funny
Mystery	Love is a mystery, and you shouldn't let too much of yourself be known



## SUBTHEORY: LOVE as stories

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
Pornography	Love is dirty, and to love is to degrade or be degraded





## SUBTHEORY: LOVE as stories

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



## SUBTHEORY: LOVE as stories

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



## SUBTHEORY: LOVE as stories

Science fiction	Feeling that partner is like an alien— incomprehensible and very strange
Sewing	Love is whatever you make it





## SUBTHEORY: LOVE as stories

Theater	Love is scripted, with predictable acts, scenes, and lines
Travel	Love is a journey



## SUBTHEORY: LOVE as stories

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



## SUBTHEORY: LOVE as stories

- 26种故事类型呈现出广泛的爱情概念
- 每个故事都有想法和行为的一种特征性模式
- 爱情的故事观点与其他观点存在重叠
- 一个特殊的爱情故事引导着我们对一种爱情关系的描述





## SUBTHEORY: LOVE as stories

- 爱情故事中有两个互补的角色，他们可能对称，也可能不对称。我们寻找那些共享自己故事的人，或至少与自己的故事大致相符的人，而不是总去寻找正如自己的人。因此，人们所寻找的那些人，从一个侧面看与自己是相似的，从另一个侧面看又与自己有差异。因此，关于爱情的“相似说”和“互补说”可能都不完全正确。



## SUBTHEORY: LOVE as stories

- 故事包括某些适应性的优势和劣势。一个故事可能或多或少地适合一个指定的文化社会环境的要求。
- 某些故事似乎比其他故事更具备成功的可能性
- 故事既是因也是果：它们与我们的生活是互动的。关系中的故事可能导致我们以特定的方式做出行为，甚至其他故事也会引发特定的行为。同时我们自身的发展和与他人的互动可能会塑造和修饰我们的故事，并带入关系中。



## SUBTHEORY: LOVE as stories

- 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）





## Hatfield & Rapson (1996): Unified theory of love schemas (爱的图式)



# Unified theory of love schemas

- **Love schemas** are based on two factors:
  - The extent to which people are comfortable being emotionally close
  - Their willingness to invest emotionally in a romantic relationship.



# Unified theory of love schemas

- Secure type:
  - equally comfortable being close to their partners and being independent
- Clingy type: (粘附型、缠人型)
  - Comfortable being close to their partners
  - Uncomfortable with independence
  - To be excessively dependent on their partners.





# Unified theory of love schemas

- Skittish type: 轻佻型
  - Uncomfortable with closeness
  - Comfortable being independent
  - To be overly self reliant
- Fickle type: 情感不专
  - Uncomfortable with both closeness and independence and seem to be torn between them.
  - Needing self validation from others but afraid others will let them down



# Unified theory of love schemas

- Casual love schema 偶然，不经意
  - Not have learned to balance intimacy and independence.
  - To be only interested in relationships that are “problem free” or casual.
- Uninterested type
  - Be not at all concerned about being in close relationships.



- 课堂作业时间
  - 理论联系实践.....

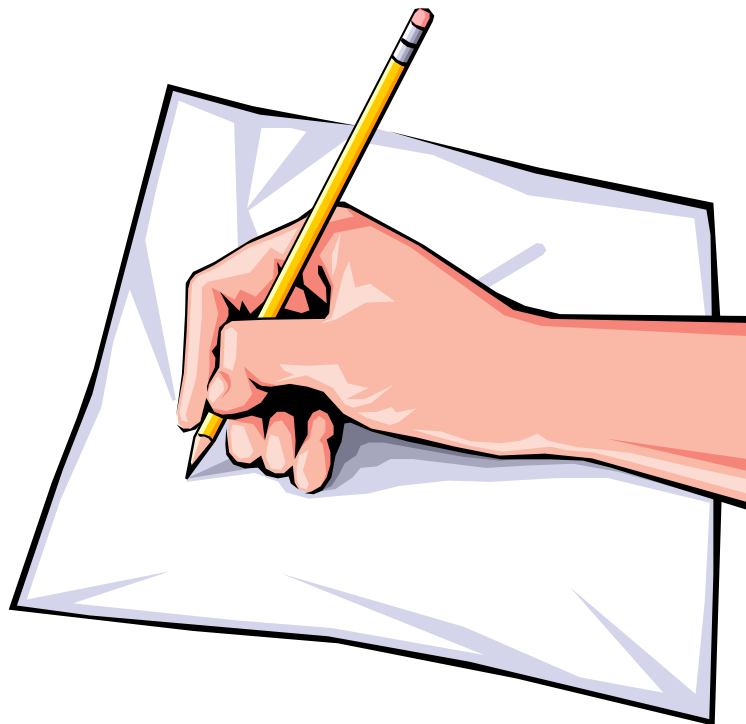




# Unified theory of love schemas

- 拿出一张纸，写上
- 你的姓名，学号
- 回答下面问题：
- 请根据**Sternberg**的爱情三角形理论，谈谈你对于“异地恋”的看法。  
(300字以内)

# Learning From the lecture





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