

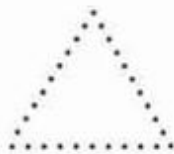
Sternberg's Triangular Theory of Love



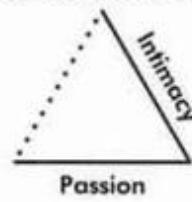
- **Intimacy:** Feelings of closeness and connection. Strengthens the bond between two people, and assists with feeling at ease with one another. i.e. shared interests, common goals, shared experiences.
- **Commitment:** Feelings that lead a person to remain with someone and move toward shared goals. This stems from the level of satisfaction one feels within the relationship. i.e. a promise of loyalty, a promise to do something, an attitude towards achieving something.
- **Passion:** Feelings and desires that lead to the physical attraction, romance, and sex. i.e. a strong feeling/emotion about a person/thing, strong sexual or romantic feeling

Type of Love	Has...	Does NOT have...	Example
Non-Love	N/A	Intimacy Passion Commitment	Strangers.
Friendship	Intimacy	Commitment Passion	Friendships, Acquaintances, Colleagues. NOTE: <i>can be the base for other forms of love</i>
Infatuation	Passion	Commitment Intimacy	Puppy love. Not enough time has lapsed to develop a deeper sense of intimacy, which, for some, is a requirement for commitment. NOTE: <i>Can be the precursor to romantic love, as intimacy and commitment can develop over time.</i>
Empty	Commitment	Passion Intimacy	Can be the beginning or the end of a marriage: Arranged marriages start with commitment, and can develop passion and/or intimacy over time. Long-term relationships and marriages can start with intimacy & passion, but deteriorate into empty or non-love over time.
Romantic	Intimacy Passion	Commitment	Romantic affair, One-night-stand, New relationships. Couples have physical passion, and learn intimate details about each other, but have not yet decided on whether a future exists or is possible.
Companionate	Intimacy Commitment	Passion	Some long-term marriages, Family members, Close friendships. Stronger than friendship because of the commitment to the relationship/person.
Fatuous	Passion Commitment	Intimacy	Love at first sight. Typically occurs when a whirlwind courtship turns into a strong commitment (i.e. moving in together, getting married). Intimacy has not had time to develop or stabilize. Considered impulsive by others, and usually do not last long-term.
Consummate	Intimacy Passion Commitment	N/A	Perfect couple. Partners involved in these types of relationships tend to have thriving sex lives even after decades together, they cannot see a life without their partner, and cannot see themselves with another person. They work together as a team, with respect, to overcome challenges and differences. NOTE: <i>Can be more challenging to maintain than achieve, because it requires the translation of love into action. Without this translation, it can lose the passion and revert back to companionate love.</i>

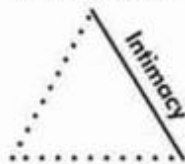
Nonlove



Romantic love



Friendship



Fatuous love



Infatuation



Companionate love



Empty love



Consummate love

