WORKSHEET 13.2

Reflections on the Triangular Theory of Love

Directions: In the spaces below, please journal your thoughts on your marriage’s strengths and areas of growth in three realms of Sternberg’s triangular theory of love.

1. Intimacy: In what ways is your marriage characterized by intimacy (a sense of “us,” your friendship with one another)? Do you see this as a strength or an area for growth? If a strength, what makes it a strength? If an area for growth, what do you think would be helpful?

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2. Passion: In what ways is your marriage characterized by passion (romance, physical attraction, sexual intimacy)? Do you see this as a strength or an area for growth? If a strength, what makes it a strength? If an area for growth, what do you think would be helpful?

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3. Commitment: In what ways is your marriage characterized by commitment (an investment in the relationship, strengthening of your ties, a covenant)? Do you see this as a strength or an area for growth? If a strength, what makes it a strength? If an area for growth, what do you think would be helpful?