**PASSION BAROMETER**

Rate your current feelings regarding your spouse in relation to the twenty statements below. Use the following scale to rate the intensity of your agreement or disagreement.

1. 1 – Strongly disagree
2. 2 – Disagree
3. 3 – Neither agree nor disagree
4. 4 – Agree
5. 5 – Strongly agree

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | My body trembles with excitement just at the sight of my spouse. |
| 1 | 2 | 3 | 4 | 5 | I take delight in exploring the movement, curves, and angles of my spouses’ body. |
| 1 | 2 | 3 | 4 | 5 | I think about my spouse in a positive manner at least three times throughout the day.  |
| 1 | 2 | 3 | 4 | 5 | I would rather spend time with my spouse than with anybody else.  |
| 1 | 2 | 3 | 4 | 5 | I melt when my spouse looks at me. |
| 1 | 2 | 3 | 4 | 5 | I am aroused when my spouse touches me.  |
| 1 | 2 | 3 | 4 | 5 | My spouse is my soulmate.  |
| 1 | 2 | 3 | 4 | 5 | I enjoy planning romantic experiences for my spouse.  |
| 1 | 2 | 3 | 4 | 5 | My spouse and I spend at least five hours a week doing something pleasurable together.  |
| 1 | 2 | 3 | 4 | 5 | My spouse and I make love at least three times a week. |
| 1 | 2 | 3 | 4 | 5 | My spouse pleases me sexually.  |
| 1 | 2 | 3 | 4 | 5 | My spouse and I engage in and enjoy foreplay.  |
| 1 | 2 | 3 | 4 | 5 | My spouse fulfills my fantasies.  |
| 1 | 2 | 3 | 4 | 5 | I fulfill my spouses’ fantasies.  |
| 1 | 2 | 3 | 4 | 5 | If I were separated from my spouse for more than five days, I would feel lonely.  |
| 1 | 2 | 3 | 4 | 5 | My spouse engages me mentally, emotionally, and spiritually.  |
| 1 | 2 | 3 | 4 | 5 | I trust my spouse with my thoughts, hopes, dreams and feelings. |
| 1 | 2 | 3 | 4 | 5 | I want to know my spouses’ thoughts, hopes, dreams and feelings.  |
| 1 | 2 | 3 | 4 | 5 | My spouse genuinely cares about me.  |
| 1 | 2 | 3 | 4 | 5 | I experience intimacy within my marriage.  |
|  |  |  |  |  | **TOTAL** |  |

After you’ve rated your level of passion, add up your ratings to determine your level of marital passion.

|  |  |  |  |
| --- | --- | --- | --- |
| 100 – 80Too Hot To Handle | 79 – 60Heated  | 59 – 40 Lukewarm | 39 and belowSmoke, No Fire |

Adapted from Hatfield and Sprecher (1986). Measuring Passionate Love in Intimate Relationships, Journal of Adolescence, v9, 383-410.