**"3-minute Concept" Animated Video Clips Series:**

**Triangular Theory of Love**

**Subtitles**

3-minute Concept **Triangular Theory of Love**

Life and Society (Secondary 1-3)

Personal, Social and Humanities Education Section

Curriculum Development Institute, Education Bureau,

HKSAR Government

Adolescents often have romantic fantasies about

love relationship.

This is totally natural.

American psychologist, Professor Sternberg,

uses a triangle to describe love relationships.

He proposes that love

should be composed of three elements:

"intimacy", "passion" and "commitment".

It is known as the "Triangular Theory of Love ".

Professor Sternberg states that

intimacy is a feeling that makes people feel close

and connected and bonded.

Simply put, intimacy is part of our emotions,

bringing people a warm feeling.

Intimacy can be built through communication

and sharing.

People in love

will trust and understand each other,

share, support and depend on each other.

Passion is a feeling of intense emotion

towards the person you like.

For example, we may be deeply attracted

by the appearance of the person

or touched by the romantic atmosphere,

and are eager to have intimate physical contact

with that person.

Simply put, whenever you see that person,

it will make your heart race.

People in love will have a strong desire

to have close physical contact with each other,

such as hugging or even having sexual desire.

In fact, passion can quickly reach the peak

at the early stage of a love relationship.

For some people, passion is unstable

and can fade quickly.

Commitment is the decision you make

and the responsibility you take

in order to nurture and maintain a love relationship.

The promise to love someone exclusively

is a short-term commitment;

and the promise to stay with someone forever,

for better, for worse

and maintain a long-lasting love relationship

is a long-term commitment.

When two people are committed to a love relationship,

they will plan for the future together

and take responsibility for their relationship.

As the bride and groom will pledge at

their wedding ceremony:

In good times and in bad times,

in sickness and in health,

we will always love each other.

Professor Sternberg states that

a strong combination of the three components,

"intimacy", "passion" and "commitment",

will result in a stable and long-term love relationship.

This is what he calls "consummate love".

In fact, it is possible to combine the three components

in different proportions

to form different types of love relationships.

Other than "consummate love",

there are seven other types of love relationships

that can be created, including

"non love", "liking", "infatuation love",

"empty love", "romantic love",

"companionate love" and "fatuous love".

"Infatuation love" is a love relationship

mainly composed of “passion”.

It is a feeling of intense longing for someone

you are infatuated with,

but it lacks the components of

"intimacy" and "commitment".

"Celebrity obsession" is an example of infatuation love.

"Romantic love" is a love relationship composed of

"intimacy" and "passion",

but the component of "commitment" is missing.

In this kind of love relationship,

the two people involved are not too concerned about

having long-term plans for their future.

If people in this kind of love relationship

have sex on impulse,

it may cause serious psychological trauma,

and the risks of unwed pregnancy

or sexually transmitted diseases.

“Companionate love” is a love relationship

composed of "intimacy" and "commitment".

For instance, the love relationship between friends

falls into this category.

Friends build intimacy through communication

and sharing.

Friends also keep the promises made between them.

Finally, let's remember that

if the components of intimacy,

passion and commitment

can be combined powerfully together,

a mature and healthy love relationship can be built.

Reflection question:

What happens when only one component of love, intimacy, passion or commitment, is present in a love relationship?