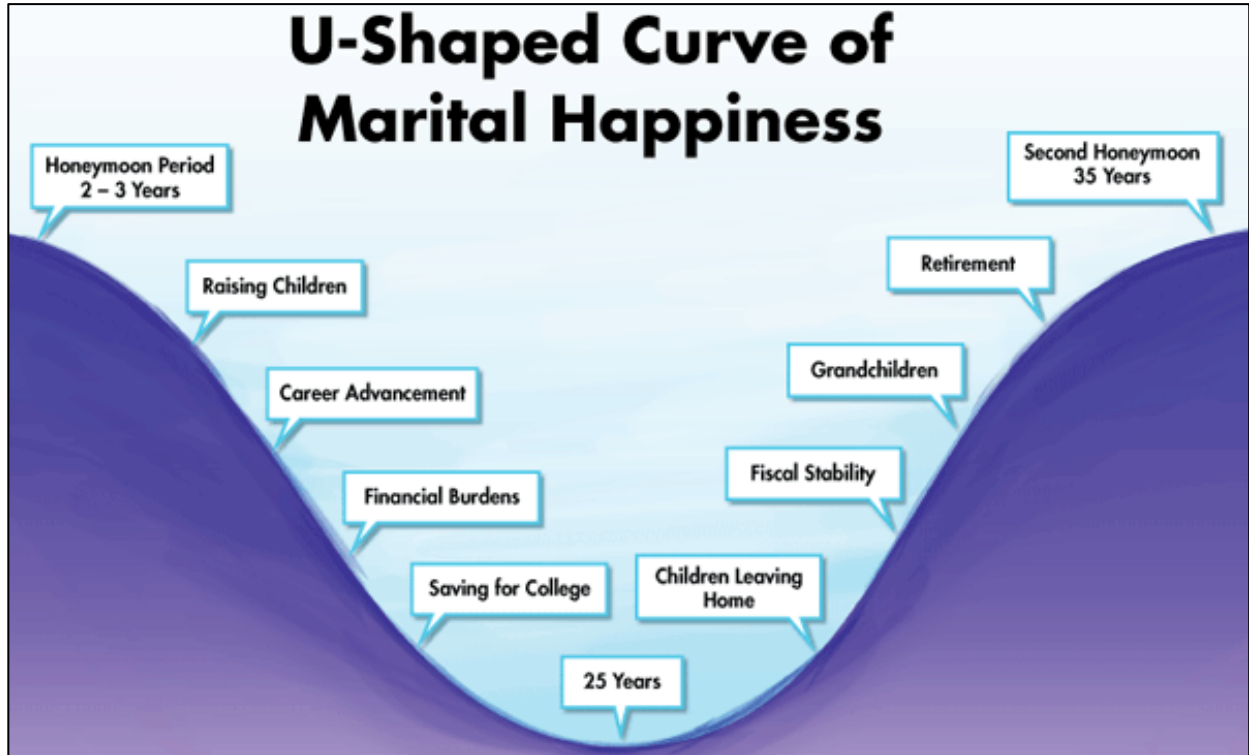


Marital Happiness as a Function of Age<sup>1</sup>

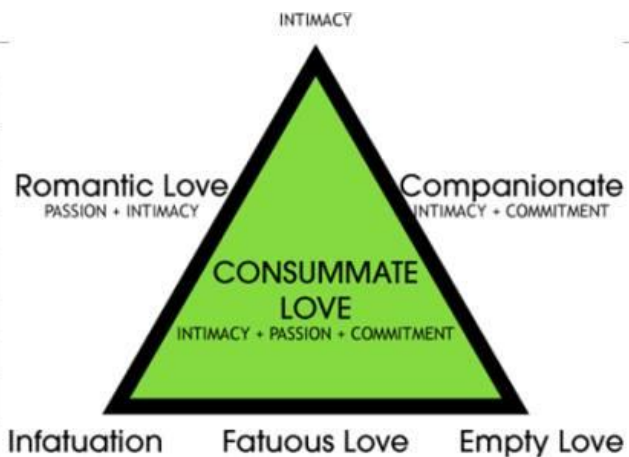


Sternberg's (1986) Triangular Theory of Love<sup>2</sup>

Forms of love

Combinations of intimacy, passion, and commitment

	Intimacy	Passion	Commitment
<u>Nonlove</u>			
Liking/friendship	x		
Infatuated love		x	
Empty love			x
Romantic love	x	x	
Companionate love	x		x
Fatuous love		x	x
Consummate love	x	x	x



<sup>1</sup> Rollins, B. C., & Feldman, H. (1970). Marital satisfaction over the family life cycle. *Journal of Marriage and Family*, 32(1), 20-28. doi:10.2307/349967

<sup>2</sup> Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, 93, 119-135. doi:10.1037/0033-295X.93.2.119

### Lee's (1973) Six Types of Love<sup>3</sup>

## 6 Types of Love

(J.A. Lee, "Colors of Love", 1973)

- **Eros** is romantic, passionate, love—what Tenov labeled limerence. In this type of relationship, love is life's most important thing. Lee said a search for physical beauty or an ideal type also typifies this type of love.
- **Ludus** is a game-playing or uncommitted love. Lying is part of the game. A person who pursues ludic love may have many conquests but remains uncommitted.
- **Storge** (STORE-gay) is a slow developing, friendship-based love. People with this type of relationship like to participate in activities together. Often storge results in a long-term relationship in which sex might not be very intense or passionate.
- **Pragma** is a pragmatic, practical, mutually beneficial relationship. It may be somewhat unromantic. A person who leans toward this type of relationship may look for a partner at work or where the person is spending time. Sex is likely to be seen as a technical matter needed for producing children, if they are desired.
- **Mania** is an obsessive or possessive love, jealous and extreme. A person in love this way is likely to do something crazy or silly, such as stalking. The movie *Fatal Attraction* was about this type.
- **Agape** (a-GOP-aye) is a gentle, caring, giving type of love, brotherly love, not concerned with the self. It is relatively rare. Mother Theresa showed this kind of love for impoverished people.

### Wong's (2011) Four Types of Happiness<sup>4</sup>

## WONG'S 4 TYPES OF HAPPINESS

### 1. Hedonic

The pleasant moments such as "eat, drink, and be merry"

### 2. Prudential

The "flow" or enjoyment of doing what one does best

### 3. Eudaimonic

A sense of fulfillment or flourishing from the pursuit of meaning & virtue

### 4. Chaironic

The feeling of being blessed or favoured by God

<sup>3</sup> Lee, J. A. (1973). *The colors of love: An exploration of the ways of loving*. New York, NY: New Press.

<sup>4</sup> Wong, P. T. P. (2011). [Positive psychology 2.0: Towards a balanced interactive model of the good life](#). *Canadian Psychology*, 52(2), 69-81.

### **Ten Commandments for Couples**

1. Be a blessing, not a problem
2. Be a support, not a hindrance
3. Be willing to sacrifice for each other
4. Bring each other happiness, not sadness
5. Pursue common interests and common dreams
6. Seek to understand more than to be understood
7. Be quick to forgive and slow to get angry
8. Be quick to listen and slow to respond
9. Focus on the positive in communication
10. Remember the good times not the bad times

### **Discussion Questions**

1. From your personal experience, which are the best or worst years of your married life? Do you know why?
2. What kind of love best characterizes your present relationship? What would be the best way to improve your relationship?
3. Have you experienced all four kinds of happiness in your marriage? In what ways can you enhance these different types of happiness in your current relationship?
4. What aspects of the “Ten Commandments for Couples” are most helpful to you and why?