

## **Passionate and companionate love (Hatfield & Sprecher, 1986)**

### Passionate love

- Intense longing for a complete union with the other; like the passion of infatuation and romantic love
- Characterized by intense emotions, sexual attraction, anxiety, and affection
- This type of love is transitory, usually lasting between 6 and 30 months

### Companionate love

- The attraction that we feel toward another person with whom our lives are deeply intertwined; the possession of intimacy rather than longing for it; proximity creates comfort rather than arousal
- Characterized by mutual respect, attachment, affection and trust
- This type of love usually develops out of feelings of mutual understanding and shared respect for each other; it is far more enduring than passionate love