

QUIZZ Worksheets

Love and Infatuation

Total questions: 60

Worksheet time: 1hrs 1mins

Instructor name: J B

Name

Class

Date

1.

Love and Infatuation

"Infatuation" from *The Anatomy of Love* by Fisher



2.



What is love? (answer in 1-2 words)

Four horizontal lines for writing the answer.

3.

What is love? - Brad Troeger



4.



Fisher says that anthropologists have found direct evidence of the existence of romantic love in what percentage of cultures?

- a) 27%
- b) 67%
- c) 47%
- d) 87%

5.



Cultures have cliches about love. Do you agree with the cliche "love at first sight"?

- a) Disagree
- b) Agree

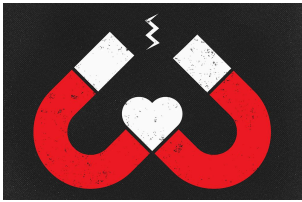
6.



What about the cliche "love is blind"?

- a) Disagree
- b) Agree

7.



What about the cliche "opposites attract"?

- a) Disagree
- b) Agree

8.



According to a survey mentioned in the reading, what percentage of respondents (both male and female) agree with the statement "the best thing about love is sex"?

- a) 50%
- b) Less than 10%
- c) 25%
- d) Over 90%

9. If sex isn't the best thing about love, then what is (in your opinion)?

10.



What is infatuation? (answer in 1-2 words)

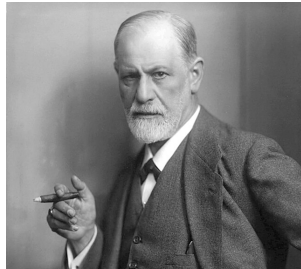
11.



How does the reading define infatuation (also known as limerence)?

- a) A calm, stable, and non-romantic emotional bond between individuals
- b) A temporary phase of excitement and novelty in the middle of a relationship
- c) A deep and lasting friendship between two people
- d) A psychological state of intense, obsessive longing and attraction for another person

12.



The famous psychologist Sigmund Freud dismissed infatuation as a blocked or delayed sex urge. Do you agree with him?

- a) Yes, I agree with Freud
- b) No, I disagree with Freud.

13.



When can infatuation happen?

- a) In adolescence
- b) At any age
- c) In old age
- d) In childhood

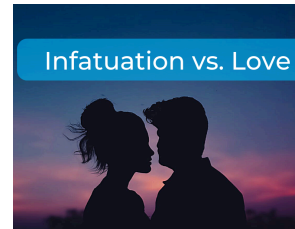
14.



When does the average person first experience infatuation?

- a) Childhood
- b) Any age
- c) Adolescence
- d) Old age

15.



Is there a difference between love and infatuation? If so, what is it?

16.



The first stage of falling in love, when another person begins to take on a different meaning, is known as:

- a) Romantic interest
- b) Inception
- c) Companionship
- d) Attachment

17.

Stages of Infatuation

- 1. **Inception:** where another person starts to take on special meaning
- 2. **Intrusive thinking:** thoughts of the beloved begin to invade your mind. (You may more than 85% of your time thinking about this person!)
- 3. **Crystallization:** You can see the flaws of your beloved, but you push them aside

18.



What emotions are strongly associated with infatuation?

- a) Shyness and awkwardness
- b) Hope and uncertainty
- c) Fear and helplessness
- d) All of the above

19.



Now, let's get into some philosophy for a bit...
 In your opinion, WHY do we fall in love?

Sorry, this question is not supported in Worksheets

21.

Factors that Make One Susceptible to Falling in Love

- Odour
- Matched Love Map
- Timing
- Mystery
- Barriers
- Similarity



22.



Newborn babies recognize their mother's odour print. What is an "odour print"?

- a) A unique smell emitted by an individual
- b) A technique for creating scented artwork
- c) A pattern of aromas used to enhance food
- d) A method for documenting scents

23.



How many different odours can the average adult detect?

- a) 1,000
- b) 500
- c) 5,000
- d) 10,000

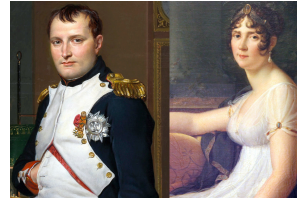
24.



What is the most common ingredient in love potions around the world?

- a) Chocolate
- b) Rosewater
- c) Sweat
- d) Perfume

25.



What did Napoleon ask his lover Josephine to do before he arrived back in Paris?

- a) Douse herself in the finest perfumes
- b) Not bathe at all
- c) Bathe for an entire day
- d) Use only the most fragrant lotions

26.



What was known as a "love apple" in Shakespeare's day?

- a) A variety of apple that women would bake in a pie and then feed to the man she wanted to marry
- b) A peeled apple that a woman would hold in her armpit and then present to her lover to inhale
- c) A special apple that would grow in the shape of a heart and be eaten on the wedding day
- d) A fruit thought to have aphrodisiac qualities and associated with romantic connotations

27.

In most modern societies, body odour is more likely to **repel** than attract—**commercially produced aromas** are now preferred.



Sorry, this question is not supported in Worksheets

29.

Odour

- When you are attracted to someone, you probably (whether consciously or unconsciously) like his/her smell!
- Smells can cause strong erotic feelings because the act of smelling transmits messages to your limbic system
- Smell is also closely linked to long-term memory: smells can trigger good or bad memories
- In modern society, body odour is more likely to repel than attract—commercially produced aromas are preferred

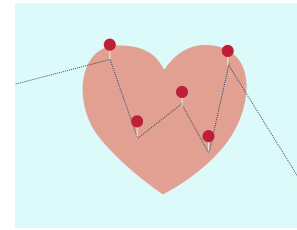
30.



What is a love map?

- | | |
|---|---|
| a) A mental image of an individual's perfect mate | b) A guide to understanding the evolution of romantic relationships |
| c) A geographical map indicating places ideal for romantic getaways | d) A detailed plan for organizing romantic dates and relationships |

31.



When do people start developing their love maps?

- | | |
|-----------------------------------|--------------------|
| a) Not until they are middle-aged | b) As young adults |
| c) In childhood | d) As teenagers |

32.



When do people's love maps solidify to include specific details of body type, ethnicity, manners, and temperament?

- | | |
|------------------|-----------------|
| a) In childhood | b) In old age |
| c) In middle age | d) As teenagers |

33.

Love Maps

- You start developing your love map as a child (5-8) based on family and experiences
- Memories of things you found appealing or disturbing in the relationships you see around you influence what you want and don't want in a partner
- Your love map solidifies when you are a teen, as you add details of body type, ethnicity, hair/eye/skin colour, temperament, manners, etc.

34.



For most people, does the perfect person exist who meets every aspect of their love map?

- a) No b) Yes

35.



The kibbutz is a kind of collective community that exists in parts of Israel. Here, infants are placed in peer groups during the day, while their parents worked.

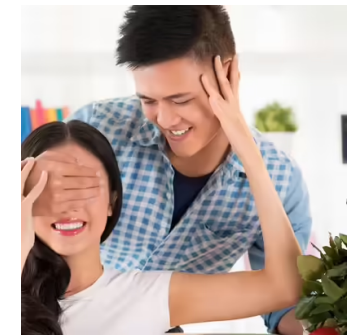
What were the findings of the study into thousands of Kibbutzim marriages?

- a) About a quarter married within their peer group b) Half married within their peer group
c) Almost all married within their peer group d) Almost none married within their peer group

36.

Mystery

- A degree of **unfamiliarity** is essential to infatuation; people almost never become captivated by someone they know well
- You are less likely to fall in love with someone you have known since you were a child



37.



What is the Romeo and Juliet effect?

- a) The tendency for romantic relationships to deteriorate when faced with external opposition
- b) The likelihood that barriers in a romantic relationship will intensify passions
- c) The influence of dramatic literature on shaping romantic ideals and behaviours
- d) The increased romantic attraction between individuals who meet in a crisis situation

38.

Barriers

- If a person is **difficult 'to get,'** it piques one's interest and the **'conquest'** becomes essential to infatuation
- This explains why we often want those we can't have:
 - A person who is married/committed to someone else
 - Someone who lives far away
 - A celebrity



39.



When are people more likely to fall in love?

- a) When they are lonely or looking for adventure
- b) When they are craving to leave home or passing into a new stage in life
- c) All of the above
- d) When they are psychologically ready to share themselves with someone or start a family

40.



We tend to be more attracted to people who are:

- a) Unapologetic ("Love means never having to say you're sorry")
- b) Only a little like ourselves
- c) Nothing like ourselves ("opposites attract")
- d) Like ourselves ("likes marry likes")

41.

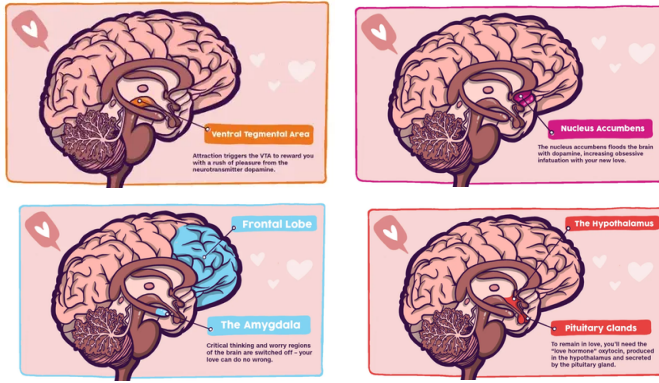


This tendency to be more attracted to people who are like ourselves is what anthropologists call:

- a) Positive assortive mating
- b) Homophily
- c) Reciprocity
- d) Complementarity

42.

Addicted to Love



43.

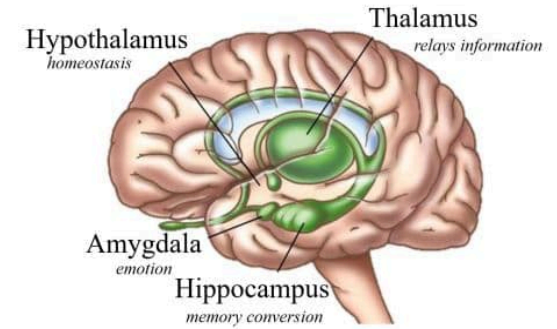


From what part of the brain does infatuation originate?

- a) The somatic system
- b) The autonomic system
- c) The limbic system
- d) The endocrine system

44.

The Limbic System



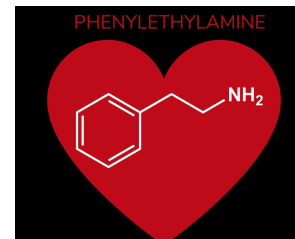
45.



Infatuation begins with which molecule in the brain?

- a) Adrenaline
- b) Phenylethylamine (PEA)
- c) Dopamine
- d) Oxytocin

46.



What feelings does PEA cause?

- a) Euphoria and exhilaration
- b) Calm and relaxation
- c) Anxiety and fear
- d) Sadness and melancholy

47.



PEA is a natural amphetamine; it revs up the brain. This is the reason why, when someone is falling in love, they have the energy to stay up all night talking and they feel full of life and optimism.

What do you think are some negative effects of PEA?

48.



A study on male and female infatuation found that:

- a) Men fell more deeply in love than women
- b) Women fell more deeply in love than men
- c) There were no gender differences in the experience of infatuation

49.



Some people become addicted to PEA and end up craving relationships. In their haste, they pick unsuitable partners. Soon they are rejected, and their exhilaration turns to despair—until they renew their quest. What are these people known as?

- a) Romance junkies
- b) Emotional dependents
- c) Love addicts
- d) Relationship seekers

50.



According to the reading, what is the longest that infatuation tends to last?

- a) 2 years
- b) 2 decades
- c) 2 months
- d) 2 weeks

51.

After Infatuation

- The brain is not capable of maintaining a revved up state of romance
- We adapt to levels of PEA and the brain's stimulants
- Successful relationships need to work at it in order to stay excited!
- The relationship either ends after infatuation, or it enters the next stage

52.



If a relationship survives the end of infatuation, what is the next emotional stage of the relationship called (according to the reading)?

- | | |
|------------------|------------------|
| a) Romantic love | b) Platonic love |
| c) Limerence | d) Attachment |

53.



What feelings are characteristic of the attachment stage of love?

- | | |
|--|----------------------------------|
| a) Obsessive thoughts and heightened arousal | b) Warmth, comfort, and security |
| c) Uncertainty and fluctuation of emotions | d) Intense passion and euphoria |

54.



Partners in the attachment stage often trigger the production of which chemical in each other?

- | | |
|---------------|---------------|
| a) Endorphins | b) Adrenaline |
| c) Dopamine | d) Serotonin |

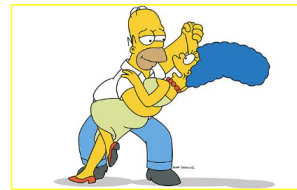
55.



Couples in long-term relationships are able to talk, eat, and sleep in peace because the endorphins:

- | | |
|---------------------|-------------------|
| a) All of the above | b) Calm the mind |
| c) Kill pain | d) Reduce anxiety |

56.



What happens with age?

- | | |
|---|---|
| a) The older you get, the easier it is to remain attached | b) The older you get, the harder it is to remain attached |
| c) It's always hard to remain attached | d) Your attachment turns back into infatuation |

57.



What is the typical expiration date for attachment?

- a) There isn't one
- b) 50 years
- c) 10 years
- d) 20 years

58.

100-year-old Canadian couple celebrates 81st wedding anniversary



59.

How Love Stories Ruin Our Love Lives



60.

The philosopher Alain de Botton argues that love stories are largely unhelpful to our chances of having satisfying relationships. Do you agree with him? Why or why not?

How do the love stories told in the media influence and shape our understanding of love? In your answer, you should give specific examples of love stories from fairy tales, novels, TV shows, movies, or other media. Do you think these love stories are more likely to ruin or enhance our real-life love lives?