How the Left/Right Brain impacts intimate Relationships

A study of the Left and Right Brain on Relationships Using Sternberg's Triangular Theory of Love.

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**Introduction**

College is a huge turning point in a person's life. It is in this period of emerging adulthood when the brain is said to finish its development, yet everyone's brain forms differently based on personal exposure and other elements. One theory to explain the different thought patterns of individuals is the Left-Right Brain theory. The theory suggests that people all have a dominant thinking pattern based on their dominant side of the brain. "Left brain thinking is linear. Right brain thinking is mosaic," explains David Kay, who uses this theory to market different products to consumers. "More importantly, the theory says that there are left-brained people, that is, people who are list makers, analysts and detailed, methodical, linear classifiers. And there are right-brained people, which are people who are visual and conceptual, imaginative, intuitive and sensual." In this theory it is suggested that each person is linear, creative or a mixture of both based on their dominant side of the brain. (Kay, 2014)

While the brain is finishing its development, it is truly tested at this time. These young adults are trying to figure out what they are going to do with their lives. They are studying for exams, doing projects, working, participating in sports, joining in clubs, pledging for Greek life and making new connections that will help decide their future path. One of the biggest social pressures is dating. Dating is defined in Webster's Dictionary as "to do an activity with someone you have might have a romantic relationship with." (Definition: Date) Every bond we have with one-another can be considered a relationship, but all relationships have varying strength. For the sake of this study, we will look at the strength and the health of heterosexual romantic relationships and see if the dominant side of the brain has any correlation to this health and success.
Hypothesis

Our hypothesis is heterosexual couples with similar brain dominance will have stronger bonds to their partner than those with opposing dominant brain hemispheres. This is based on the expectation that similar brain patterns mean similar ways of organizing thoughts and expressing emotions.

Literature Review

No one talks much about what a model "healthy relationship" looks like. Due to lack of examples, we will be using a theory called the triangular theory of love as our reference point. Robert J. Sternberg developed this system in 1986 to measure the different types of love and compare relationships, with the ultimate goal being consummate love or "True love" as Sternberg describes it. (Sternberg, A Triangular Theory of Love, 1986)

We will also be using the ideas for a healthy relationship presented by dating coach Josh Pellicer. Pellicer is a author of the very successful dating advice eBook The Tao of Badass, a radio personality of Sirius radio's program called "Game On" and a dating coach/cofounder of The Art of Charm, a program that teaches men how to approach and be successful with women. (Pellicer & Harbinger, The Today Show: Pickup Artists, 2013)

In one of his seminars dubbed "Hacking Attraction" Pellicer discusses attraction and breaks it down into three subcategories based on Robert Sternberg's triangular theory of love; sexual, emotional and logical attraction. (Pellicer, Consummate Love Triangle, 2009; Pellicer, Hacking Attraction, 2013) Pellicer describes sexual attraction as the presence of sexual tension and the eventual escalation to sexual intimacy. He explains emotional attraction as the attachment and bond you form with someone over the time you know each other. Josh then explains a very different concept that is seldom addressed; logical attraction. "Logical attraction
is logistics, which most people totally ignore" say Pellicer. (Pellicer, Consummate Love Triangle, 2009) It stands to say if one partner wants marriage and the other does not, the relationship has a flaw in commitment. Logical attraction encompasses distance, desire for children, preference of lifestyles and other long term relationship factors where timing also pays a pivotal key. It is the essential formation of long-term intimacy in a serious commitment. (Pellicer, Hacking Attraction, 2013; Pellicer, Consummate Love Triangle, 2009)"These are all three very important factors" Pellicer says "and they all make up a really strong amount of a relationship, so if you are missing one, it automatically throws off how you feel in the relationship". (Pellicer, Consummate Love Triangle, 2009) Using this theory as the basis of a strong relationship, we will test to see if the subject’s dominant brain hemispheres have an effect on their relationship’s stability.

**Research Method**

The selected method of gathering this information is a survey. The survey will be conducted on a random sample of college students in the city of Providence, Rhode Island. Thirty-four couples will be surveyed which will consist of questions about their age, gender, how long the two of them have been together and a short video response to determine their brain's dominant side. The video that will be presented is a ballerina that spins, with the direction changing depending on that individuals brain. (The Right Brain vs Left Brain Test - Optical Illusion, 2008) The other questions will be to determine each individuals satisfaction within the sexual, logical and emotional attraction aspects of the relationship. A comparison between the two responses will then take place to see if there is a similar feelings from both parties. Weaker aspects of the relationship will be looked at due to the responses received.
Rational/Method of Data Collection

A survey was chosen so that data collection could include as many real relationships as possible. Only couple that were both present were surveyed to keep answers for comparison to the other partner. The Survey first asks for the individuals age and gender. For question three, the administrator shows the ballerina video at the two minute mark as to avoid the text in the video and play it for 30 seconds. (The Right Brain vs Left Brain Test - Optical Illusion, 2008) The video is explained as a way of analyzing which side of the brain is dominant and that there is no right or wrong answer. The next part the couple fills out their answers separately. Question four is "how long have you and your significant other been together?" It is a basic question used to determine how long the each person considers the relationship to be serious. It is not a main question of our research, although most woman considered them to be dating longer than the men.

Questions five through ten are the main focus of our topic. Question’s five and six focus on the emotional aspect of the relationship. question five was "How often do you go out?" Going out has many interpretations, but is generally viewed as having a romantic aspect to it. Romantic aspects usually involve connecting on an emotional level. The response options given were either: Multiple times a week, weekly, bi-weekly, monthly or never. Question six was "How often do you feel you can talk to your partner about what is bothering you?" Talking about what is bothering you is a way to relive stress. When you talk to about sensitive subjects, it shows a degree of emotional vulnerability and trust which can lead to a stronger, closer relationship bond. (Myers, 2012) The response options given were: always, most times, sometimes, rarely and never.
Questions seven and eight are looking at the logical portion of the triangle. Question seven asks "how often do you see your partner?" While we expect answers to be relatively similar on this question, we ask because Sternberg seems to suggest the more a couple have access to each other will better their relationship (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997; Sumter, Valkenburg, & Peter, 2013; Madey & Rodgers, 2009). Question eight is "are you and your partner from similar social backgrounds?" People from different social backgrounds have different expectations based on their upbringing. Every person tends to have an in-group bias associated with people who are like them. Our social script will also change across cultures and groups. Clashing cultures can lead to more issues within the relationship. (Myers, 2012) Question eight is a yes or no question.

Question’s nine and ten focus on the sexual attraction aspect of the relationship. Sexual tension is critical to the elevation of a relationship. Pellicer explains that this is the car that drives the attraction. (Myers, 2012) So where as sex does not need to be present per say, the tension does. Question nine asks "how often do you and your partner engage in sexual activity?" We can expect the male ego and need to impress and the female need to downplay their sexuality to clash here. Males we presume will state they have sex more often than they do, while females will say they have sex less than they actually do. The optional answers are: daily, multiple times a week, weekly, monthly or never. Question ten is "how satisfied are you with your sex life?" We are searching to see if the sex of the couple is enjoyed by both parties equally. The optional answers are: completely satisfied, overall satisfied, satisfied, not satisfied and we do not engage in sexual activity.
Presentation of the Results

Figure 1

**Left-Right Brain Function**

<table>
<thead>
<tr>
<th>Number of People</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clockwise</td>
<td>16</td>
<td>13</td>
</tr>
<tr>
<td>Both, but usually Clockwise</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Counter-Clockwise</td>
<td>13</td>
<td>12</td>
</tr>
<tr>
<td>Both, but usually Counter-Clockwise</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

Figure 2

**Age of Survey Participants**

<table>
<thead>
<tr>
<th>Age</th>
<th>Age 18</th>
<th>Age 19</th>
<th>Age 20</th>
<th>Age 21</th>
<th>Age 22</th>
<th>Age 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>13</td>
<td>11</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Male</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>5</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>
Figure 3

How often do you and your partner go out?  
(Clockwise Couples)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bi-weekly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weekly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple times a week</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Figure 4

How often do you and your partner go out?  
(Counter-Clockwise Couples)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bi-weekly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weekly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple times a week</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Figure 5

How often do you and your partner go out? (Different Brain Patterned Couples)

- Never
- Monthly
- Bi-weekly
- Weekly
- Multiple times a week

- Female
- Male

Figure 6

How often do you feel you can talk to your partner about what's bothering you? (Clockwise Couples)

- Rarely
- Sometimes
- Most times
- Always

- Female
- Male
**Figure 7**

How often do you feel you can talk to your partner about what's bothering you?  
*(Counter-Clockwise Couples)*

- Rarely
- Sometimes
- Most times
- Always

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>50%</td>
<td>60%</td>
</tr>
<tr>
<td>Most times</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>Rarely</td>
<td>0%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Figure 8**

How often do you feel you can talk to your partner about what's bothering you?  
*(Different Brain Patterned Couples)*

- Rarely
- Sometimes
- Most times
- Always

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>80%</td>
<td>90%</td>
</tr>
<tr>
<td>Most times</td>
<td>70%</td>
<td>80%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>60%</td>
<td>70%</td>
</tr>
<tr>
<td>Rarely</td>
<td>50%</td>
<td>60%</td>
</tr>
</tbody>
</table>
Figure 9

How often do you see your partner?
(Clockwise Couples)

- Male
- Female

Figure 10

How often do you see your partner?
(Counter-Clockwise Couples)
Figure 11

How often do you see your partner?
(Different Brain Pattern Couples)

Figure 12

Are you and your Partner From Similar Social Backgrounds?

Legend:
- Male
- Female
- Males that answered Yes
- Males that answered No
- Females that answered Yes
- Females that answered No
Figure 13

How often do you and your partner engage in sexual activity? (Clockwise Couple)

- Never
- Monthly
- Weekly
- Multiple times a week
- Daily

Figure 14

How often do you and your partner engage in sexual activity? (Counter-Clockwise Couple)
Figure 15

How often do you and your partner engage in sexual activity? (Different Brain Pattern Couple)

- Never
- Monthly
- Weekly
- Multiple times a week
- Daily

Figure 16

How satisfied are you with your sex life? (Clockwise Couples)

- Completely Satisfied
- Overall Satisfied
- Satisfied
- Not Satisfied
**Figure 17**

How satisfied are you with your sex life?  
(Counter-Clockwise Couples)

**Figure 18**

How satisfied are you with your sex life?  
(Different Brain Pattern Couples)
Data Analysis

The emerging adulthood students that we surveyed in the providence area mostly attended Johnson & Wales University, however some couples were going to different schools while dating. Many of the other local institutions included Rhode Island College, Providence College, Brown University, The Rhode Island School of Design and Roger Williams University. The Participants ranged from ages 18 to 23, with most participants being on the younger end of that scale as seen in figure 1. (See Figure 1)

In figure 2, we take a look at left-right brain functions. In this survey when showing the 30 second clip we had them circle one of four options; clockwise meaning the individual is right brained, counter-clockwise meaning the individual is left brained, both but usually clockwise meaning the individual is middle brained leaning right or both but usually counter-clockwise meaning the individual is middle brained leaning left. The results reported that 47% of males respondents are right brained, 38% are left brained, 9% are middle brained leaning twoards the right brain and 6% of males reported to be middle brained leaning twoards the left. Female respondents showed that 38% are right brained, 35% are left brained, 21% are middle brained that lean right and 6% are middle brained that lean left. (See Figure 2)

When analyzing the data from a couples perspective, we split the couples into three groups; Clockwise couples, Counter-clockwise couples and Different Brain Pattern (DBP) Couples. Clockwise couples consist of only couples where both parties see the ballarina rotate clockwise or both directions, but usually clockwise. Clockwise couples make up 41% of our total couple base. Counter-clockwise couples consist only of couples where both individuals see the ballarina rotate either counter-clockwise, or both but usually counter-clockwise. Finally, Different
Brain Patterned (DBP) Couples consist of any couple that one partner sees the ballarina rotate always or usually clockwise and the other partner sees the ballarina rotate always or usually counter-clockwise. The information was split up in this fashion so that we can focus on the studying of the success of the couples. We will then evaluate based on the sexual, emotional and logical attraction of each group and score the healthiest relationship based on the comparison.

Question five in our survey asks about how often partners go out on dates. Once again, we are looking for romantic interaction and emotional connection with answers to this question. In the Clockwise couples, both 21% of males and females reported going out multiple times a week. 36% of males and 28% of females stated that they had a romantic time on a weekly basis. Another 36% of males and 21% of females stated they went out on dates with their significant other once every two weeks. 14% of females stated they only went out with their partner monthly and 7% of males and 14% of females say they never go out at all.(See Figure 3)

Counter-clockwise couples reported 43% of males felt like they went out for a romantic night multiple times a week, while no woman seemed to feel the same way. Both genders claimed 29% of them went out on a weekly basis. 29% of males also claimed to only go out with their girlfriends once every two weeks and a whopping 71% of counter-clockwise women said they only went out on a romantic date once every two weeks. (See Figure 4)

In the DBP Couple group, 23% of the males claimed to go out for a romantic time multiple times a week, but only 15% of the women agreed that it was a romantic evening. Another 15% of the men stated their romantic times were a weekly affair, and 31% of the woman agreed. 31% of the men stated they only went out with their girls once every two weeks, but only 15 percent of the woman in these relationships felt the same way. Nearly 40% of the woman
claimed to only go out with their boyfriends once a month, and 23% of males agreed with them on that claim. No one from the DBP group stated that they never had romantic moments with their partner. (See Figure 5)

As stated before, how often the couples talk to one another about important issues and things bothering them will help tell us about the emotional connection between the two individuals. In the clockwise couples, 50% of males and 71% of females claim to always keep their partner up to date about what is bothering them and going on in their lives. 28% of males and 14% of females claimed to tell their partner most of what was bothering them. 7% of men and women say they only sometimes tell their significant other what is going on with them, with another 7% of men stating they rarely tell their ladies what is bothering them. (See Figure 6)

The counter-clockwise couple’s responders said 43% of the men and 57% always tell their significant other what is going on in their life. Another 43% of the counter-clockwise males say they tell their concerns to their partners and 29% of females do the same. 14% of both genders reported they only tell their partner about what is bothering them. Neither sex said that they never tell their partner about their problems. (See Figure 7)

In the DBP couples group, 50% of males and 77% of females reported that they always tell their partner what is bothering them. 31% of males and 15% of females from the DBP group tell their partner what is bothering them most of the time. 8% of both males and females only sometimes tell their partner what is going on in their life with the remaining 8% of males rarely tell their significant other what is bothering them. (See Figure 8)

How often do you see your partner is the next question. The focus of this question is to measure part of the many aspects logical attraction; this measurement being availability. the
more you see and bond with a person, the more valued the connection is. 57% of the men and 43% of the women in the clockwise couples said they saw their partner on a daily basis. 21% of males and 36% of females said they saw their partner multiple times during the week. 14% of males and 7% of females said they saw each other on a weekly basis, 7% of men and 14% of women from the clockwise group said they only saw their partner on a monthly basis. (See Figure 9)

Counter-clockwise couples reported that 43% of the males said they feel as if they see their partner every day, while only 14% of females feeling the same way. Another 43% of males said they only see their partner a few times a week, while 71% of women said that that was how often they saw their partner. 14% of both genders claimed to see their partner on a weekly basis. Neither gender claimed to see their partners on a monthly basis. (See Figure 10)

The DBP couples reported that 46% of the males and 54% of females felt that they saw their love interests daily. 15% of the men and 23% of the women report seeing their partner a few times a week. 31% of males and 15% of females said that they only saw their partners weekly. Both 8% of men and women respondents said they only saw their partner on a monthly basis. (See Figure 11)

The other question we are using to measure logical attraction is are you and your partner from similar social backgrounds. It is easier when you are working within the in-group and **social script** you are accustomed to. Clockwise couples had 71% of males saying they are from a different social class than their partner and 29% of males saying they are from similar backgrounds. While 64% of females implied that they are from similar social backgrounds and 36% of women said they were from different social classes. (See Figure 12)
86% of the counter-clockwise males feel that they are from a different social class than their partner. The other 14% of the men claim they are from similar roots. 57% of the women said that they and their partner are from similar social backgrounds. The remaining counter-clockwise female population stated that they had a different kind of upbringing than their partner. (See Figure 12)

The men and women from the different brain pattern couples had a deciding statement. Both men and woman agreed that they were from the same background 38% of the time and not from the same background 62% of the time. One could speculate that different brain patterns may play a role here. (See Figure 12)

How often do you and your partner engage in sexual activity is the next question. This question is giving us valuable insight on sexual attraction and the passion that drives relationships. 29% of the clockwise couple males claim to have daily sexual experiences, 36% of the guys say they have sexual experiences multiple times a week, 29% of the partners say they have sexual moments on a weekly basis. The females have 7% claiming daily sexual activity, 43% claiming sex multiple times a week and another 43% claiming they have sexual experiences on a weekly basis. 7% of both males and females from this group claimed they have sexual experiences on a monthly basis. All the clockwise couples state that they are sexually active. (See Figure 13)

Both genders in Counter-clockwise couples had 14% claiming to have engaged in sexual activity on a daily basis. The Males had 43% claiming they had sexual experiences multiple times a week and another 43% claiming to have sexual experiences weekly. Only 14% of the women claimed to have engaged in sexual acts multiple times a week; with the majority, 72%,
claiming they only engaged in a sexual manner weekly. All couples claimed to be sexual active and none said they had sex on a monthly basis. (See Figure 14)

The DBP couple males said 23% of them engaged in daily sexual acts with their partner while only 8% of the females said they participated in sexual with their partner daily. 38% of the DBP males said that they had engaged in sexual acts multiple times a week and 54% of women form the same couple segment said they engaged in sexual acts multiple times a week. 15% of males stated that they have sexual relations monthly, with only 8% of women saying they had monthly sexual experiences with their partner. Both sexes stated that 8% of them never have sex. (See Figure 15)

The next question is how satisfied are you with your sex life. This will help flesh out the sexual attraction that occurs in these relationships. 93% of males said that they have complete satisfaction, but only 43% of females said they were completely satisfied. The remaining 7% of males said they were overall satisfied, as did 29% of the females. 21% of the women reported that they were satisfied with the remaining 7% reporting less than satisfaction. (See Figure 16)

57% of males form the counter-clockwise test group reported being completely satisfied, with no women reporting that they were completely satisfied. the remaining 43% of men stated that they were overall satisfied, with 29% of women saying they were Overall satisfied. 43% of women said that they were satisfied, with the remaining 29% of females reporting that they are less than satisfied with their sex lives. (See figure 17)

The DBP couples reported males with 54% complete satisfaction and females with 46% complete satisfaction. The men also reported 15% overall satisfied, while the women report 8%
overall satisfied. The males reported 15% were satisfied and the females reported 38% were satisfied. both groups reported 8% not satisfied. (See Figure 18)

Looking at the results for questions one and two, the emotional attraction section, clockwise couples tend to agree with how much they go out romantically 57% of the time, the most of any groups. One could infer that since the right brain deals with emotional connections, they both have similar feelings about when an emotional connection is made. 79% of couples implied they had a night out at least every two weeks. This suggests that clockwise people try to make sure to spend time building emotional connections with their partner. The clockwise couples also reported a 43% agreement about openness and communication; The clockwise couples also reported 69% in agreeing to communicate issues most times. This suggests that when two clockwise people are dating they are likely to experience the same emotions over half of the time, have many romantic moments and talk about their feeling fairly openly with each other.

Counter-clockwise couples did the worst in the section of emotional attraction, as expected since they are more prone to logical thinking. Only 29% of the couples could agree on the frequency of their romantic interactions, but all couples in this group agreed they made time for their partner at least once every two weeks. Only 14% of couples said they always feel secure in talking to their partner. One could assume it is because they recognize that their partner is often more logical than emotional, and therefore not as sympathetic as they would like. However, 57% could agree to talking to their partner most times about what was agitated them, which shows more communication over the clockwise couples that only talked to each other most times at 36%. One can conclude that counter-clockwise couples do not often exchange
emotional moments with each other, but they do make an effort to communicate what is going on in their lives to the partner.

DBP couples had a poor rate of going out on dates on a biweekly basis, with only 38% agreeing that they went out on at least once every two weeks. This rate of going out is the lowest in the category, but they did score above counter-clockwise couples on agreeing how often they went out with a 46% agreement rate. This is probably due to the different standards left brain and right brain people hold for what counts as romance as well as the genders different perceptions. They also had the highest agreement rate for talking to each other; but also managed an incredible 77% rate of talking about what is bothering them at least most of the time. One could speculate that the different ways of thinking are more easily acknowledged in these relationships. The differences put a higher need on communicating and the couples reflect that by for the most part talking more about their issues.

Questions seven and eight focus on logical attraction. Question seven focuses on how often you see your partner, which will have an effect on the growth of the relationship. Question eight asks if the couple is from similar social backgrounds. Ideally from a logic perspective, they are from similar backgrounds or they are aware that they are not. If they are from similar backgrounds, it can help with social aspects between the two; If they are at least aware of the difference, they can acknowledge it and try to accommodate for it. 71% of the clockwise couples reported to see each other multiple times a week if not daily, the second most for question seven. This could be that the couples want to spend this time to emotionally bond since they are considered an emotional group. They also have a 64% rate of agreement of whether or not they are aware of the differences in their partner's social background and their own.
Counter-clockwise couples reported having an 86% rate of seeing each other at least on a few times a week. This is backed by Pellicer's idea that people want to pick partners that are close to them; this also makes perfect sense as the counter-clockwise couples tend to think with their logical brain. On question eight, only 29% of the couples agreed about if they were from similar backgrounds, with 57% of the woman saying that they are not from the same background as the men. If one thinks from a logical perspective, marriage used to be considered more of a contractual thing, and during that time women gained much wealth and benefits from this contract. It is possible that the women are using their logical brain to notice the social and financial differences between them and their potential mate.

The DBP couples finish last in the often visits category with only 69% saying they see each other at least a few times a week if not more. They do however, have a 77% rate of agreeing how often they see each other; more than the clockwise of counter clockwise that only agreed 43% and 71% of the time respectively. The DBP couples also reported a 54% agreement rate between couples about if they are or are not from similar backgrounds.

Questions 9 and 10 cover sexual attraction and the building of sexual tension. We do not feel we can judge the quality of a connection based on frequency of sexual activity, so although we will look at it, our judgments will be based on overall satisfaction. 43% of the couple could agree on the frequency of sexual activity. 50% of couples reported having complete sexual satisfaction, with only 7% of couples having a partner that was not at all satisfied.

Counter-clockwise couples had 100% of couples agree on having sex on at least a weekly basis. They also were the only group to have no couples with complete sexual satisfaction from both parties. They had a 71% rate of satisfaction from both partners; but also
were the only group to report 7% rate of one partner having complete satisfaction, while the other was not satisfied at all.

The DBP couples reported a 38% rate of complete satisfaction. They also stated that 85% of couples were at least satisfied with their sex lives. The remaining 15% had at least one member claiming no satisfaction; 7.5% of that being females reporting lack of satisfaction with their significant other, with the other 7.5% being males who report lack of satisfaction due to the fact that they are not sexually active with their partner.

**Compare and Contrast**

Robert J. Sternberg wrote the triangular theory of love in 1986. This theory, which is based on intimacy, commitment and passion; also called emotional, logical and sexual attraction respectively in Pellicer's take on Sternberg's theory. The theory explains that there are a variety of loves, with the ultimate from of love being consummate love. Consummate love has a balance of all three corners of the love triangle. This was the ideal we measured in this experiment. This experiment was looking for complete or true love as Sternberg refers to it as. (Sternberg, A Triangular Theory of Love, 1986; Pellicer, Consummate Love Triangle, 2009; Pellicer, Missing Corners of Love, 2009; Pellicer, Hacking Attraction, 2013; Sternberg, Constructing validation of a triangular love scale, 1997)

Sternberg talks in his theory by first talking about non-love. Non-love has an absence of all three components of love, lacking intimacy, passion and commitment. Non-liking is a relationship one would have with a stranger or someone they have never met. they have no connection to that person, therefore lacking any form of attraction (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997).
The next form he addresses is liking. Liking has a degree of intimacy or emotional attraction. Curious term, as young children often reveal to their first crushes that they "like them." Liking is explained as a friendship in Sternberg's study, there is lack of sexual tension and lack of necessary commitment. (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

Sternberg also acknowledges infatuation as being the first type of love. Infatuation carries a degree of passion but lacks emotional intimacy and any level of commitment. Infatuation can be looked at as having that "love at first sight experience" as Sternberg puts it. These are lustful feelings derived by psychophysiological arousal. These lustful feelings it carry a degree of passion but means little else on their own. (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

Empty love is described by Sternberg as "coming from the decision that one loves another and has commitment to that love in the absence of both the intimacy and passion." This is common place at the end of a relationship, where people stay together only because they know each other so well. Sternberg also give the example of arraigned marriage couples; they may not have any attraction, but are contractually bound to each other. (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

Romantic love has both intimacy and passionate components of love. It has emotional liking as well as the sexual tension that causes relationships to escalate. Sternberg cites this as common place in "classic works of literature, such as Romeo and Juliet and Tristan and Isolde." Romantic love does not address the issue of commitment, which can lead to abrupt endings.
Companionate love evolves intimacy and commitment; it is essentially a long term friendship. Sternberg says this is a common change in many long-term marriages, saying it "frequently occurs in marriages after physical attraction (a major source of passion) has died down." Containing both emotional availability and long term commitment, companionate love only is missing the passionate drive that is in consummate love. (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

Fatuous love is driven by passion and often includes ideas of commitment. Sternberg cites shotgun marriages as a common example of this type of love. Eager to spend forever together based on their passion, the two parties will marry early on without building up an emotional connection. Without the emotional connection, most of these relationships are headed straight for failure due to fast escalation. (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

Consummate love is the level to which most romantic relationships strive to reach, which is why it is our measurement in this study. "Reaching this goal is often easier than maintaining it." says Sternberg. "The attainment of consummate love is no guarantee that it will last... One is not aware of the loss of the goal until it is far gone." (Sternberg, A Triangular Theory of Love, 1986; Sternberg, Constructing validation of a triangular love scale, 1997)

A study led by Professor Rhett Diessner, Professor of Psychology and Education at Lewis-Clark State College examined the theory of Sternberg's Triangular Theory of Love in 2004 and related it to the psyche of the human mind. The evidence collected supported Sternberg's findings. Diessner found that the psychological ideas of affect, behavior and cognition relate to the passion, intimacy and commitment components used by Sternberg. The
study concluded that a pairing of either affect, behavior and cognition supported each of the triangular theory's necessary components; with Sternberg's commitment relying on cognition and behavior, passion relying on behavior and affect and intimacy relying on affect and cognition.

(Diessner, Frost, & Smith, 2004)

Dr. Scott Madey of Shippensburg University's Psychology department led a study in 2009 to determine if Sternberg's variables of intimacy, passion and commitment have any association with overall relationship satisfaction. The study was conducted on fifty-five students who were romantically involved in relationships with other people outside of the study group. The conclusion of the study was that these factors of intimacy, passion and commitment correlated to the length and overall health of the relationship. This backed up the use of the triangular theory of love as a measurement source for our experiment due to proving that all aspects are able to measure relationship success. (Madey & Rodgers, 2009)

Sindy Sumpter of the Amsterdam School of Communications Research led a study to take the triangular theory proposed by Sternberg and determining the levels of commitment, intimacy and passion from people of various age groups. The goal was to see how our perception of love changes over time. The survey was conducted in 2008 with over 110,000 participants from the Netherlands ranging from 12-88 years old. The survey was separated into age groups of adolescence at ages 12-17, young adults at ages 18-30, middle adults at ages 30-50 and late adults at 50 years or over. The survey found that all three factors were important to all age groups, with commitment rising in importance as age increased and a slight decrease in passion and intimacy at ages 50 and over. This backed up the use of the triangular theory of love as a measurement source for our experiment because it proves that people in early adulthood are looking for these three factors in a relationship. (Sumter, Valkenburg, & Peter, 2013)
Mark H. Davis and Michele Acker of Eckerd College did a study in 1992 on 204 adults, testing the strength of Sternberg's Theory. They found the general principle was right and stable relationships has these components. Longer relationships, such as marriages, had higher reported levels of commitment as they expected. They found that passion in women particularly took a decline over time. Intimacy they found much to their surprise held steady through the years with the group sampling. (Acker & Davis, 1992) They also found some issues within Sternberg's theory; the sampling had always been students and they felt the need to explore this theory further they should test it on other age ranges, which was later done in a study by Sumpter. (Sumter, Valkenburg, & Peter, 2013) The other issue is there was previously no way of measuring the differences in the couples affection for each other. Sternberg Revised his work in 1997 to include multiple triangles. As seen in figure 19, the Partner with the red triangle is more passionate, but the partner with the blue triangle has higher levels of intimacy and commitment. The theory now aims at not just meeting equilibrium of these three elements, which is represented by the black triangle, but to match and understand your partners levels of commitment, intimacy and passion. (Sternberg, Constructing validation of a triangular love scale, 1997)

Pellicer is a student of psychology, using it as a bridge to communicate with and understand woman. He is a successful dating coach based in Los Angeles, California and New York City. He has used many psychology theory's to engage woman in a social-dating aspect, including Sternberg's theory. Pellicer used Sternberg's concepts to make a seminar series in 2013 called *Hacking*
Attraction. If this reputable dating coach is using these methods for success, we can certainly measure the tested relationship on the same aspect. The researcher had an opportunity to interview Mr. Pellicer. "An individual's beliefs also play a key role in the relationship fewer beliefs lead to a healthier relationship," Pellicer said, "everyone has their own beliefs." Beliefs are something we all inherit from our society and they shape the way of who we are and become. "basing you life on a belief limits you and the growth of the relationship because you are trying to meet an expectation." According to Pellicer, freeing yourself from your social beliefs make falling in love easier. Every relationship is different because every person has a different upbringing, thus a different perception. Society influences our perceptions of attraction our way of thinking and how we define commitment; by doing this, we measure our relationships on the society standard that is taught to us. (Pellicer, Missing Corners of Love, 2009; Pellicer, Consummate Love Triangle, 2009; Pellicer, Hacking Attraction, 2013; Pellicer & Harbinger, The Today Show: Pickup Artists, 2013; Pellicer, 2014)

**Conclusion**

Based on the information collected, it would seem that Clockwise couples do the best at maintaining a healthy relationship. The information presented in table 1 show the final percentages in a cleaner format. They did fall short in their expected category of emotional attraction, but they scored high in all categories and managed to work on all areas of the triangle the best. They seem to secure sexual attraction based on their passion from their emotions; they had second highest in the emotional attraction categories by using their natural expressiveness and used their want to be together as a reason to improve upon their logical attraction. This also disproves our hypothesis; even though the clockwise couples had the greatest overall connections
by our measures, the counter-clockwise relationships were shown to be weaker than the Different Brain Patterned relationships by this study's measurements.

**Table 1**

<table>
<thead>
<tr>
<th></th>
<th>Emotional Attraction</th>
<th>Logical Attraction</th>
<th>Sexual Attraction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue: Highest %</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Red: 2nd %</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Green 3rd %</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Clockwise Couples</strong></td>
<td>79% romantic time</td>
<td>71% seeing each other</td>
<td>50% complete satisfy</td>
</tr>
<tr>
<td></td>
<td>69% communication</td>
<td>64% social</td>
<td>93% satisfied</td>
</tr>
<tr>
<td><strong>Different Brain Patterned Couples</strong></td>
<td>38% romantic time</td>
<td>69% seeing each other</td>
<td>38% complete satisfy</td>
</tr>
<tr>
<td></td>
<td>77% communication</td>
<td>54% social</td>
<td>85% satisfied</td>
</tr>
<tr>
<td><strong>Counter-Clockwise Couples</strong></td>
<td>100% romantic time</td>
<td>86% seeing each other</td>
<td>0% complete satisfy</td>
</tr>
<tr>
<td></td>
<td>57% communication</td>
<td>29% social</td>
<td>71% satisfied</td>
</tr>
</tbody>
</table>
Works Cited


