



ROBERT STERNBERG'S THEORY OF TRIANGULAR LOVE IN COLLEEN HOOVER'S *ALL YOUR PERFECTS*

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Abstract.

This article focuses on An American author of romance and adult fiction, Colleen Hoover shares her ideas about love and marriage in her novel "*All Your Perfects*", first published in 2018. It is a profound novel that explores the complexities of love and relationships in a way that is both insightful and thought-provoking about a damaged couple whose potential future hinges on promises made in the past. Colleen Hoover depicts how Graham and Quinn, as the main characters, fall in love and later how they face obstacles that threaten to tear them apart after seven years of marriage. The purpose of this study is to describe how consummate love is depicted in the novel "*All Your Perfects*" by Colleen Hoover and the effects of consummate love experienced by the main characters. The writer used a psychological approach to discover the styles of consummate love in Robert Stenberg's Theory Triangular of Love in the novel "*All Your Perfects*". The writer uses the novel as the main data and several journals and articles about romantic love, marriage, relationship, and the concept of triangular love by Robert J Sternberg as supporting data. According to Robert Sternberg's Theory Triangular of Love, the result of this thesis is that both characters in the novel, Quinn and Graham, have experienced depicted and the effects of consummate love style with three components of a relationship: intimacy, passion, and commitment.

Keywords: *Love, Marriage, Intimacy, Passion, Commitment*

INTRODUCTION

Love is often described as a feeling of affection or strong attachment to someone or something. Love can take many forms, including romantic, platonic, familial, and self-love. According to A.S. Hornby (2010:916), love has been described in many different ways, including romantic, familial, platonic, and self-love. Romantic love is the most common type of love described in the literature, and it involves strong feelings of attraction and intimacy between two people. Familial love involves love between family members, while platonic love refers to love between friends. Self-love is love for oneself, often described as an important aspect of personal growth.

Consistent with McGrath (2002) p. 21 of his book *The Power of Love* "*Love is the nice antidepressant*". It was that love is very important in existence because love can also provide pride to others. Even humans are willing to do much stuff for the character they love. It's known as the sacrifice of love. When people love a person or something a lot, they typically need to do anything. Due to the fact many people suppose that after they can sacrifice for the character they love, it means they love the character with sincerity. The theory of love proposed by Robert Stenberg in 1985 p. 199-135, known as the love triangular theory is consistent with his love triangular. Robert Stenberg has conducted a study on love. Stenberg became a member of the Psychology branch at Yale University. For the duration of his time as a professor, Stenberg emphasized his research in the fields of intelligence, creativity, knowledge, management, questioning patterns, ethical reasoning, love, and hate.

In 1985 he presented his principle of love called the triangular theory. primarily based on the triangular concept, love consists of three additives. Those three additives are an intimacy aspect, a passion aspect, and a decision/commitment aspect. In this article, the writer chooses a novel by Colleen Hoover and the title is "*All Your Perfects*" as the source of data which contains a beautiful and emotional love story. The writer limits the focus of analysis which is stated as follows first, How is the consummate love depicted in the novel "*All Your Perfects*" by Colleen Hoover? And the second is What effects of consummate love are experienced by the main characters of "*All Your Perfects*"?

This is Colleen's first novel and is famous as New York Times Best Seller and became nominated through Goodreads Choice Awards for Best Romance. This novel describes a story about a troubled marriage and the one old-forgotten promise that might be able to save it. Quinn and Graham's perfect love is threatened by their imperfect marriage. The memories, mistakes, and secrets they have built up over the years will tear them apart. The one thing that could save them might also be the main thing that pushes their marriage beyond the point of repair. "*All Your Perfects*" is a contemporary romance novel written by Colleen Hoover and published in 2018.

The story revolves around the marriage of Quinn and Graham, who fall in love at first sight but struggle to maintain their relationship as they face the problem of infertility and other challenges. The writer limits the focus of analysis which is stated as follows the consummate love is depicted in the novel "*All Your Perfects*" by Colleen Hoover and the effects of consummate love are experienced by the main characters of "*All Your Perfects*". The writer will make the objectives of the study classified into two parts first, to analyze the consummate love issues depicted in the novel "*All Your Perfects*" including intimacy, passion, and commitment, and second, to analyze the effects of consummate love experienced by the main characters of "*All Your Perfects*", Graham and Quinn.

LITERATURE REVIEW

1. Robert Stenberg's Psychology of Love

"*Psychology of Love*" (1988) was written book by Robert Stenberg a renowned psychologist who has extensively researched the psychology of love to explain the basis of love and how it replicates using a triangular love theory. according to Stenberg's Triangular Theory of Love, three components make up love: intimacy, passion, and commitment. These three components can be combined in different ways to create

different types of love. Intimacy refers to the emotional connection between two humans. It involves feelings of closeness, trust, and sharing. Passion refers to the physical attraction and desire that two humans have for each other. It involves feelings of excitement, arousal, and sexual chemistry. Commitment refers to the decision to maintain a long-term relationship with another person. It involves feelings of loyalty, dedication, and responsibility. Sternberg's theory suggests that seven different types of love can be created by combining these three components in different ways:

1. Liking - This type of love involves only intimacy. It is characterized by feelings of warmth, closeness, and affection.
2. Infatuation - This type of love involves only passion. It is characterized by intense physical attraction and desire.
3. Empty Love - This type of love involves only commitment. It is characterized by a decision to stay together without any emotional or physical connection.
4. Romantic Love - This type of love involves intimacy and passion but no commitment.
5. Companionate Love - This type of love involves intimacy and commitment but no passion.
6. Fatuous Love - This type of love involves passion and commitment but no intimacy.
7. Consummate Love - This type of love involves all three components: intimacy, passion, and commitment.

In his book *"Love: A New Understanding of an Ancient Emotion (1999)"*, Robert J. Sternberg's theory has been widely studied and applied in various fields such as counseling, education, and social work. It has also been used to understand relationships in different cultures and age groups.

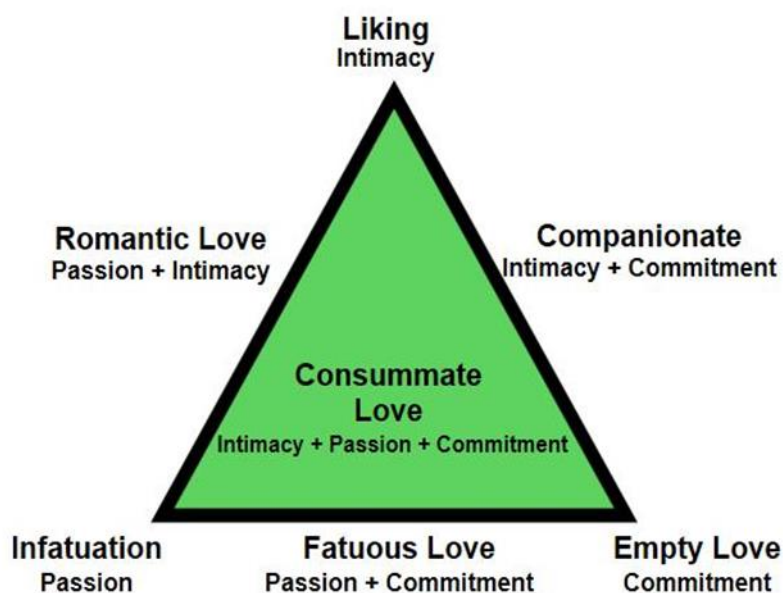
2. Theory of Love

Love characterizes intimate dating, despite the truth that the meaning and how humans experience it, may additionally vary throughout cultures, and people. Some research about romantic dating showed that intimacy, passion, and dedication range across the courting stages and they're related to pride. Men and women display differences in love ideals. For the general public, it's far more desirable to have fruitful and intimate dating. But, couples may additionally discover their love fades or adjusts with time. Individuals who find their love fluctuates with their beyond may influence their relationship. Greater know-how of gender differences and love trade throughout distinct levels may additionally assist romantic partners in recognizing their intimate relationships from greater views. According to Hendrick & Hendrick (1986) p.392-402, love has six sorts – eros, storge, ludus, mania, pragma, and agape. Eros (passionate love), is a style of affection that starts with strong physical attraction. It is "love at first sight" (Hendrick & Hendrick, 1986, p. 23). Storge (companionate love) is a love dating that evolved slowly from friendship (Hendrick & Hendrick, 1986, p. 45). Ludus (game-playing love) (Hendrick & Hendrick, 1986, p. 67) is a love pattern that considered love as a recreation. Ludic lovers are playful and refuse to commit. Mania (Possessive love) is the style of affection characterized by obsession and anxiety toward the partner. Although a manic lover is possessive and jealous, humans may also benefit from manic love. They revel in (Hendrick & Hendrick 1986, p.15). Pragma (logical love) is a combination of ludus and storge (Hendrick & Hendrick, 1986, p. 20). This love isn't always particularly emphasized on intense physical attraction, however conscious look for a well-matched partner (Hendrick & Hendrick, 1986, p. 30).

And agape (selfless love) is the aggregate of eros and storge. it's miles selfless, giving and altruistic. humans with this style view it as a responsibility to love (Hendrik & Hendrik, 1986, p. 35)

3. Stenberg's Theory of Triangular Love in 1986

According to Robert Sternberg (1986), love has three components of interpersonal relationships: passion, commitment, and intimacy. This theory is called the Triangular theory of love. The three additives have their meaning. First, passion may be described as encompassing sexual attraction to a capable mate. second, commitment is the choice to live with a capable mate. last, Intimacy is the feeling of closeness and feeling bonded. The triangular theory of love consists of three components that can be viewed as forming the vertices of a triangle shape which are intimacy (the top vertex of the triangle), passion (the left-hand vertex of the triangle), and decision/commitment (the right-hand vertex of the triangle).



Picture: Triangular Theory of Love

Furthermore, it is important to clarify each meaning in the context of the present theory:

1. Intimacy

Intimacy refers to feelings of closeness, connectedness, and bondedness in loving relationships. It includes within its purview those feelings that give rise to the experience of warmth in a loving relationship. Sternberg indicates that it includes, among other things, feelings of (a) desire to promote the welfare of the loved one, (b) experienced happiness with the loved one, (c) high regard for the loved one, (d) being able to count on the loved one in times of need, (e) mutual understanding with the loved one, (f) sharing of one's self and one's possessions with the loved one, (g) receipt of emotional support from the loved one, (h) giving of emotional support to the loved one, (i) intimate communication with the loved one, and (j) valuing the loved one in one's life.

2. Passion

The passion component refers to the drives that lead to romance, physical attraction, sexual consummation, and related phenomena in loving relationships. The passion component thus includes those sources of motivational and other forms of arousal that lead to the experience of passion in a loving relationship. In a loving relationship, sexual needs may well predominate in this experience. However, other needs, such as those for self-esteem, succulence, nurturance, affiliation, dominance, submission, and self-actualization, may also contribute to the experience of passion.

3. Decision/Commitment

The decision or commitment component refers to, in the short-term, the decision that one loves someone else, and in the long-term, the commitment to maintain that love. The decision/commitment component thus includes within its purview the cognitive elements that are involved in decision-making about the existence of and potential long-term commitment to a loving relationship.

METHOD

This research using the psychology approach "*All Your Perfects*" by Colleen Hoover is a novel that explores the complexities of relationships and the concept of triangular love. This study used a qualitative descriptive approach to discover the styles of consummate love using the triangular theory of love by Robert J Sternberg. The researcher uses two sources of data which are primary data and secondary data. First, the primary was taken from the information in "*All Your Perfects*" novel by Colleen Hoover. Published in 2018 by Atria Books. It includes 224 pages. The secondary data were taken from several journals and articles about romantic love, marriage, relationship, and the concept of triangular love by Robert J Sternberg. In collecting the data, the researcher uses the note technique implemented in the subsequent steps are analyzing and understanding the novel written by Colleen Hoover, marking sentences and dialogue with the problems within Stenberg's triangular theory which can be considered, as data, and, classifying the data of the novel and the characters received primarily based on the subject of the observation. This study is performed primarily based on numerous steps of data analysis as follows Classifying the data has a better understanding of the novel and the characters, identifying sentences that are associated with the problems within Stenberg's triangular theory

RESULT AND DISCUSSION.

A. The consummate love depicted in the novel "*All Your Perfects*" by Colleen Hoover
All Your Perfects explores the complexities of love and marriage. The novel follows the story of Quinn and Graham, a couple struggling to maintain their marriage due to infertility issues. Despite the challenges they face, their love for each other remains strong and unwavering. The consummate love depicted in the novel is characterized by intimacy, commitment, and passion. Quinn and Graham have a deep emotional connection rooted deep in trust, understanding, and shared respect. They are committed to each other and their relationship. Their passion for each other is reflected in how they interact with each other physically and emotionally. One of the main themes in the novel is the idea that love is not always perfect.

1. Intimacy

Intimacy refers to the physical and emotional relationship between the two main characters, Quinn and Graham, and how their struggles with infertility and past mistakes affect their relationship and also explores the issue of a broken couple whose future promise hinges on promises made in the past. The story is told through past and current timelines, highlighting the happy occasions of the couple and the struggles they face. The addresses the sensitive issue of marital infertility and how it affects the physical and sexual aspects of their relationship.

1.1.1. *Quinn and Graham Experienced Happiness*

Quinn and Graham experienced happiness in their relationship in the past. Quinn and Graham are in a perfect relationship that seems designed by fate in the past. Graham views their relationship as fated, which unnerves the more cautious Quinn, as in the following quotation:

“The problem is, love and happiness are not concordant. One can exist without the other.” (Hoover, 2018:14)

The quote follows Quinn as she deals with her marriage falling apart. Although she loves her husband, Graham, she continues to experience depression as she is physically unable to have children. The chapters alternate between the present when Quinn is struggling with her infertility, and then, seven years earlier, when Graham and Quinn had first met and their first year together.

1.1.2 *Quinn and Graham Receipt of Emotional Support*

Quinn and Graham's consummate love is threatened by their flawless marriage meaning Quinn and Graham's couple learns that marriage is not easy, and they have to fight it if they want to it last. Quinn is infertile, which causes her to go into depression and widens the distance between both her and Graham, as in the following quotation:

“People are led to believe that a marriage ends only when the love has been lost. When anger replaces happiness. When contempt replaces bliss. But Graham and I aren't angry at each other. We're just not the same people we used to be.” (Hoover, 2018:15)

The quote highlights the idea that marriages can end not just because of a perceived loss of love or happiness, but also because people change and grow in different directions. This quote shows that it is indeed possible to end a marriage between Quinn and Graham without anger or humiliation, but simply because the couple is no longer the same person they once were

1.1.3 *Mutual Understanding between Quinn and Graham*

According to Stenberg that intimacy also includes mutual understanding with the loved one (1986:121). Quinn and Graham have a deep understanding and love for each other. They first met when Quinn found her fiancé sleeping with another woman, and Graham breaks the news. They almost have sex again, but are too emotionally affected by their situation.

“Graham’s hand comes to rest on my shoulder. I’m not sure what changed in him since we walked out of the bar, or even since walking into my bedroom. But I can tell his thoughts are no longer where they were earlier. He slides his hand down the blanket, coming to rest on my hip. His entire expression seems rife with indecision. I try to ease the conflict a little. ‘It’s okay,’ I whisper. ‘You can go.’ He sighs heavily with relief. ‘I thought I could do this. Me and you. Tonight.’ ‘I thought I could, too, but . . . it’s way too soon for a rebound.’” (Hoover, 2018:27)

The quote shows that Graham and Quinn are in a complicated situation, and Graham is struggling with doubts. Quinn tries to ease the tension by telling Graham that it's okay for him to leave. It highlights the importance of being true to ourselves and others about their feelings and intentions. It also emphasizes the importance of self-control and not rushing into things, especially after a difficult experience such as a breakup. By controlling their actions and being honest with themselves and others, they can avoid making mistakes and hurting themselves or people

1.1.4 *Quinn and Graham’s High Regard*

The characters have a high regard for their loved ones, which is evident in their actions and words toward each other. Despite the challenges they face in their marriage, Quinn and Graham still love and care for each other deeply. Quinn and Graham's love is at the center of their perfect love but is threatened by their imperfect marriage, which is filled with memories, mistakes, and secrets. Quinn's infertility leads to depression and a growing distance between her and Graham.

“No matter how much you love someone - the capacity of that love is meaningless if it outweighs your capacity to forgive.” (Hoover 2018:137)

The quote shows that forgiveness is an essential component of love. No matter how much they love someone, if they cannot forgive them, their love becomes meaningless. Forgiveness is a voluntary decision that allows us to overcome negative emotions such as feelings of hostility and pain

1.1.5 *Sharing of Quinn's Self and Graham's Possessions*

The characters share themselves and their possessions with their loved ones. The reminder of the importance of sharing oneself and one's possessions with their loved ones. Despite the challenges that Quinn and Graham face, their willingness to share themselves helps them to work through their struggles and reconnect with each other. Quinn and Graham's marital problems stem from miscommunication, misunderstandings, and secrets, the chapters alternate between the past, when Quinn and Graham met and fell in love, and the present, where their marriage is falling apart due to Quinn's infertility and their inability to communicate effectively. Graham views their relationship as fated, which unnerves the more cautious Quinn, but she loves and appreciates him deeply.

“Our marriage hasn't been perfect. No marriage is perfect. There were times when she gave up on us. There were even more times when I gave up on us. The secret to our longevity is that we never gave up at the same time.” (Hoover:2018, 200)

The quote shows that no marriage is perfect, and there may be times when one or both spouses between Quinn and Graham feel like giving up. However, the key to a lasting marriage is that both couples never give up at the same time. This means that even when one partner is struggling, the other partner is there to support and encourage them especially even in difficult times.

1.1.6 Quinn and Graham Valuing Each Other

The characters share themselves and their possessions with their loved ones. The reminder of the importance of sharing oneself and one's possessions with their loved ones. Despite the challenges that Quinn and Graham face, their willingness to share themselves helps them to work through their struggles and reconnect with each other. Quinn and Graham's marital problems stem from miscommunication, misunderstandings, and secrets, the chapters alternate between the past, when Quinn and Graham met and fell in love, and the present, where their marriage is falling apart due to Quinn's infertility and their inability to communicate effectively. Graham views their relationship as fated, which unnerves the more cautious Quinn, but she loves and appreciates him deeply.

"We're all full of flaws. Hundreds of them. They're like tiny holes all over our skin. And like your fortune said, sometimes we shine too much light on our own flaws. But there are some people who try to ignore their own flaws by shining light on other people to the point that the other person's flaws become their only focus. They pick at them, little by little, until they rip wide open and that's all we become to them. One giant, gaping flaw" (Hoover, 2018:102)

This quote indicates that everyone has flaws, and sometimes people focus too much on their flaws or the flaws of others. In this novel, Quinn's infertility is the main flaw she struggles with, and this affects her marriage to Graham

2. Passion

Passion is the main theme that is explored throughout the story. The novel tells the story of Quinn and Graham, a couple whose seemingly perfect marriage is threatened by their imperfect past and present. Despite the challenges they face, their passion for each other is constant, and it is this passion that drives them to fight for their relationship. The novel explores the idea that love and happiness don't always go together, and that passion can exist even during pain and sadness. The power of passion in a relationship, and how it can both help and hurt a couple in capturing the intense emotions that arise when falling in love, as well as the pain and frustration that can appear when things don't go according to plan.

2.1.1. Quinn and Graham's Physical Attraction to Each Other

Quinn and Graham are depicted as a conventionally attractive and successful couple who fall in love with each other. However, Quinn's infertility made her feel like a failed woman, which affected her physical attraction towards Graham.

"If you only shine a light on your flaws, all your perfects will dim" (Hoover, 2018:102)

This quote shows that focusing only on one's weaknesses can overshadow the good things in life. In this novel, Quinn's inability to conceive makes her feel like a failure as

a woman in Graham's wife, and this undermines her ability to enjoy physical intimacy for its own sake. The reoccurring feelings of failure to fall pregnant also undermined her ability to enjoy bodily intimacy for intimacy's own sake, Quinn and Graham struggled to communicate effectively, which affects their physical attraction to each other.

2.2.2 Quinn and Graham's Romance and Sexual Activity

Both Quinn and Graham realize that they love each other, desperately need each other, and cannot live without each other. Their existence in the couple's life is precious. A mutual appreciation of each other in Quinn and Graham's lives also shows the intimacy of their love relationship, as said by Sternberg that intimacy includes the feeling of valuing loved ones in one's life (2011:121). Quinn and Graham cherish each other, even though their marriage is not perfect. Quinn deeply loves and appreciates Graham, and meets with and loves his immediate family. Graham viewed their relationship as fate and admired Quinn for where she came from. However, they began to lie to each other, which threatened their perfect love. Despite this, they continue to struggle with their broken relationship and infertility, and their unique connection runs deep.

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3. Commitment

The commitment between Quinn and Graham is challenged when they experience infertility and struggle to have children. This struggle puts pressure on their relationship and results in them questioning their commitment to each other. Throughout the novel, the characters navigate this conflict and must ultimately decide if their commitment to each other is strong enough to overcome their struggles. The depiction of commitment in this novel is incredibly complex and nuanced, as the characters grapple with the challenges that arise in their relationship.

3.1.1. The Decision of Quinn and Graham (The Short-Term Aspect)

In the short-term aspect of Quinn and Graham resolved that they decided to move to Italy for a few years to be near Ava. This decision came after they faced 36 various challenges in their marriage, including the depression Quinn experienced due to infertility and the secrets they kept from each other. They hoped moving to Italy would help them start over and leave the pain behind. In Italy, Graham opened his own business, and Quinn finally wrote the first book she had long wanted to write. Two years later, they are still married and closer than ever.

“No matter what life throws at us, we're going to make great memories together, Quinn. That's a given. But there are also going to be bad days and sad days and days that test our

resolve. Those are the days I want you to feel the absolute weight of my love for you. I promise I will love you more during the storms than I will love you during the perfect days. I promise to love you more when you're hurting than when you're happy. I promise to love you more when we're poor than when we're swimming in riches. I promise to love you more when you're crying than when you're laughing. I promise to love you more when you're sick than when you're healthy. I promise to love you more when you hate me than when you love me." (Hoover, 2018:224)

The given quote is a beautiful expression of love and commitment in a marriage. This quote highlights the fact that marriage is not just about making good memories together, but also about dealing with bad days and sad days together. Graham promises Quinn to love their couple more during the storms than during the perfect days when their couple is hurt more often than when they are happy, and even when their couple hates them more often than when they love them.

3.1.2. The Commitment of Quinn and Graham (The Long-Term Aspect)

This reminder of the importance of long-term commitment in a relationship. Despite the challenges that Quinn and Graham face, their commitment to each other helps them to work through their struggles and find a way to stay together. The long-term aspect of Quinn and Graham's commitment is that they endeavor to make their marriage work despite the challenges they face.

They have built up memories, mistakes, and secrets over the years that are now tearing them apart. Quinn struggles to express her true feelings to Graham, while Graham pours his heart out through letters but locks them in a box. They faced miscommunication, big misunderstandings, and secrets that led to their marital problems. Quinn's depression from infertility widened the distance between her and Graham, but they tried to navigate their crumbling marriage and make it work. Graham propositioned Quinn, asking him to go through her "Category 5 Moments" with him.

"You say that like marriage is a Category 5 hurricane" (Hoover, 2018:102)

The quote is part of a dialogue between Quinn and Graham, where one of them compares marriage to a Category 5 hurricane, and the other response by saying that while it's not always like that, there are Category 5 moments in every marriage. The quote is a metaphor that shows that marriage can be challenging at times, but it will not always be like that.

B. The effects of consummate love are experienced by the main characters of "All Your Perfects"

All Your Perfects is a romance novel written by Colleen Hoover. The story is based on the main characters, Quinn and Graham, and their journey through the ups and downs of their marriage. Consummate love is one of the novel's main themes, and both Quinn and Graham experience its effects in different ways. According to psychologist Robert Stenberg's Triangular Theory of Love, consummate love is the highest form of love. It is characterized by intimacy, passion, and commitment. In this novel, Quinn and Graham experience all three components of perfect love at various points in their relationship. The

main characters, Quinn and Graham, experience a variety of emotions throughout the book, including the effects of consummate love.

1. The Effects of Intimacy

The triangular love concept of consummate love is explained through the intimate relationship between Quinn and Graham. Consummate love, also known as complete or perfect love is the highest form of love which is characterized by a deep emotional connection, physical attraction, and commitment to one another. Throughout the novel, the researcher sees Quinn and Graham struggle with infertility and the stress it causes in their marriage. However, despite their difficulties, they continue to show unwavering loyalty to each other. They share a level of intimacy that goes beyond physical attraction; they understand each other deeply emotionally. Their relationship is not perfect, but it is a reality. They confront challenges that test their commitment to each other but are ultimately stronger for it. The intimacy they share is not just about physical pleasure but about being vulnerable with each other and sharing their deepest fears and desires.

“It's funny how you can be so happy with someone and love them so much, it creates an underlying sense of fear in you that you never knew before them. The fear of losing them. The fear of them getting hurt. I imagine that's what it's 41 like when you have children. It's probably the most incredible kind of love you'll ever know, but it's also the most terrifying” (Hoover, 2018: 134)

The quote shows that Quinn thinks loving someone deeply can create a fear of loss or hurt. This fear is similar to that parents may feel about their children, where love is wonderful but intimidating. This quote highlights the seeming complexity of love and the emotions that come with it

The effects of intimacy touch on the effects of past traumas and secrets on a couple's intimacy, and how these issues can continue to affect a relationship long after the initial event has occurred. The story emphasizes the importance of open communication and a willingness to face and overcome past issues to maintain a healthy and fulfilling relationship between Quinn and Graham

2. The Effects of Passion

The Passion plays an instrumental role in the relationship between the main characters, Graham and Quinn. The novel explores the effects of passion on a marriage that is struggling due to infertility and other issues. The passion that Graham and Quinn once had for each other remained but was overshadowed by their struggles. As time passed, their love became deeper and more meaningful, and their physical and emotional connection remained strong.

“I love that you love me so much, it sometimes makes you cry. And I love that the idea of us having a baby makes you cry. I love how full of love you are, Quinn.” (Hoover, 2018:37).

This quote highlights Graham's deep love for Quinn and how much he appreciates her emotional nature. It emphasizes the importance of emotional connection and vulnerability in a relationship and suggests that true love values emotional openness over societal expectations of emotional restraint.

The effects of passion are its intense and consuming nature and the way it can bring people together and tear them apart. It also explores the effects of past traumas and how they can affect the current couple between Quinn and Graham. Additionally, on the importance of communication, forgiveness, and acceptance in relationships.

3 . The Effects of Commitment

Quinn and Graham's love story is no typical love story. They meet in unusual circumstances and fall in love quickly, but their journey together has been far from simple. As they face challenges like infertility and infidelity, their commitment to each other is tested.

“When you meet someone who is good for you, they won't fill you with insecurities by focusing on your flaws. They'll fill you with inspiration because they'll focus on all the best parts of you.” (Hoover, 2018:103)

This quote highlights the importance of being with someone who brings out the best in you and focuses on your strong points rather than your weaknesses. This quote emphasizes the idea that a healthy relationship should not make you feel insecure or inadequate but should inspire and uplift you.

Effects of commitment the main characters Quinn and Graham, struggle with infertility and the strain it puts on their marriage. Quinn's internal conflicts and feelings of inadequacy lead her to hide her struggles from Graham, while Graham struggles with feelings of helplessness and disconnection from Quinn. However, both are committed to each other and can overcome their problems together

CONCLUSION

Love has three components, which are intimacy, passion, and commitment. These components help people to measure love between each other in a relationship. The writer found that all of the components are experienced by the main characters of Colleen Hoover' All Your Perfects novel, Quinn and Graham, in their love relationship using the consummate love style.

Intimacy in Quinn and Graham's couple is depicted from the evidence that shows six feelings of intimacy. They have experienced happiness with each other, and Receipt emotional support from each other, Mutual understanding with each other, high regard with each other, sharing of one's self and one's possessions with each other, and value each other in one's life. The passion in their couple itself is depicted from the evidence that shows the physical attraction of Quinn and Graham to each other also their romance and sexual activities. Meanwhile, Quinn and Graham's decision to love each other and restart their couple proves the short-term aspect of the commitment component. Then, the long-term aspect of the commitment component in their relationship is shown when they decide to maintain their love in marriage.

The story is based on the main characters, Quinn and Graham, and their journey through the ups and downs of their marriage. Consummate love is one of the novel's main themes, and both Quinn and Graham experience its effects in different ways are effects of intimacy, the effects of passion, and the effects of commitment in triangular love.

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