

FIVE STEPS TO ROMANTIC LOVE

*A Workbook for Readers of *Love Busters* and *His Needs, Her Needs**

WILLARD F. HARLEY, JR.

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Step two

IDENTIFYING LOVE BUSTERS

Love Busters are your habits that cause your spouse to be unhappy. Whenever you engage in a Love Buster, you make Love Bank withdrawals.

Why do you engage in Love Busters? Why do you cause your spouse to be unhappy? One of the most important reasons for Love Busters is that, while they may make your spouse feel bad, they make *you* feel good. Most Love Busters gain pleasure for you at your spouse's expense. When your spouse complains about Love Busters, you rationalize your behavior and explain away the fact that you're simply being thoughtless and selfish.

Since your Love Busters usually make you feel good while your spouse feels bad, the one best able to identify them is your spouse. Similarly, you are in the best position to identify your spouse's Love Busters.

I've designed the **Love Busters Questionnaire** to help you identify the Love Busters in your marriage. Two questionnaires are to be completed: one by you and one by your spouse.

Before you complete these questionnaires, you should be familiar with chapters 1–8 in *Love Busters*. You should also try to answer the questions at the end of each chapter.

The analysis of each Love Buster follows a sequence of questions. The first question asks how much unhappiness it causes you. If it doesn't cause you any unhappiness, it's not a Love Buster, and you don't need to answer the remaining questions. But if it causes you unhappiness, your spouse needs to understand how often it happens (question 2), the form(s) that it takes (question 3), the worst form(s) (question 4), when it first started (question 5), and how it has developed over time (question 6).

At the end of the questionnaire, you're asked to rate the Love Busters according to the unhappiness they create. While all Love Busters should be eliminated, it makes sense to work on the most painful Love Busters first.

The results of these questionnaires will help you understand the pain and unhappiness that's created in your marriage. When you cause your spouse emotional pain, you not only withdraw love units, but you encourage your spouse to build emotional defenses that make him/her withdraw from you. Those emotional defenses prevent you from depositing love units to make up for the loss. In other words, when your spouse has withdrawn emotionally from you, he/she won't let you meet his/her emotional needs. It's only when you overcome Love Busters that the emotional barrier is removed and you're in a position to meet your spouse's emotional needs. That's why your Love Busters should be eliminated *before* you learn to meet each other's needs. That's the goal of the third step to romantic love.

Her Love Busters Questionnaire

This questionnaire is to be completed by the *wife*. It's designed to help identify your husband's Love Busters. Your husband engages in a Love Buster whenever one of his habits causes you to be unhappy. By causing your unhappiness, he withdraws love units from his account in your Love Bank, and that, in turn, threatens your romantic love for him.

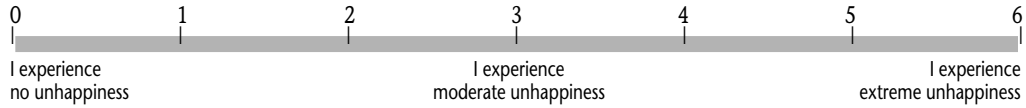
There are six categories of Love Busters. Each category has its own set of questions in this questionnaire. Answer all the questions as candidly as possible. Do not try to minimize your unhappiness with your spouse's behavior. If your answers require more space, use and attach a separate sheet of paper.

When you have completed this questionnaire, go through it a second time to be certain your answers accurately reflect your feelings. Do not erase your original answers, but cross them out lightly so that your husband can see the corrections and discuss them with you.

The final page of this questionnaire asks you to rank the six Love Busters in order of their importance to you. When you have finished ranking the Love Busters, you may find that your answers to the questions regarding each Love Buster are inconsistent with your final ranking. This inconsistency is common. It often reflects a less than perfect understanding of your feelings. If you notice inconsistencies, discuss them with your husband to help clarify your feelings.

1. Selfish Demands. Attempts by your spouse to force you to do something for him, usually with implied threat of punishment if you refuse.

A. Selfish Demands as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse makes selfish demands of you.



B. Frequency of Spouse's Selfish Demands: Indicate how often your spouse makes selfish demands of you.

_____ (write number) selfish demands
each day/week/month/year (circle one).

C. Form(s) Selfish Demands Take: When your spouse makes selfish demands of you, what does he typically do? _____

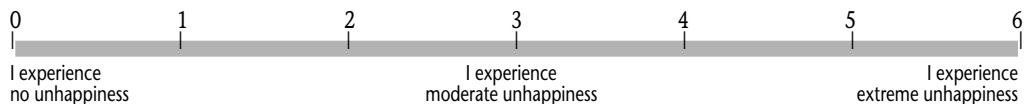
D. Form of Selfish Demands That Causes the Greatest Unhappiness: Which of the above forms of selfish demands causes you the greatest unhappiness? _____

E. Onset of Selfish Demands: When did your spouse first make selfish demands of you? _____

F. Development of Selfish Demands: Have your spouse's selfish demands increased or decreased in intensity and/or frequency since they first began? How do recent selfish demands compare to those of the past? _____

2. Disrespectful Judgments. Attempts by your spouse to change your attitudes, beliefs, and behavior by trying to force you into his way of thinking. If (1) he lectures you instead of respectfully discussing issues, (2) feels that his opinion is superior to yours, (3) talks over you or prevents you from having a chance to explain your position, or (4) ridicules your point of view, he is engaging in disrespectful judgments.

A. Disrespectful Judgments as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse engages in disrespectful judgments toward you.



B. Frequency of Spouse’s Disrespectful Judgments: Indicate how often your spouse tends to engage in disrespectful judgments toward you.

_____ (write number) disrespectful judgments
each day/week/month/year (circle one).

C. Form(s) Disrespectful Judgments Take: When your spouse engages in disrespectful judgments toward you, what does he typically do? _____

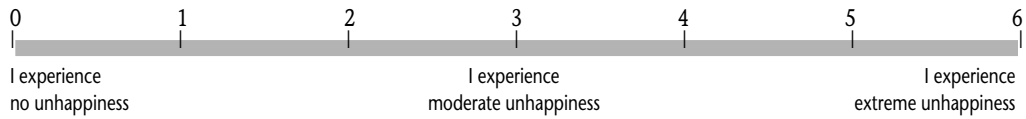
D. Form of Disrespectful Judgments That Causes the Greatest Unhappiness: Which of the above forms of disrespectful judgments causes you the greatest unhappiness?

E. Onset of Disrespectful Judgments: When did your spouse first engage in disrespectful judgments toward you? _____

F. Development of Disrespectful Judgments: Have your spouse’s disrespectful judgments increased or decreased in intensity and/or frequency since they first began? How do recent disrespectful judgments compare to those of the past?

3. Angry Outbursts. Deliberate attempts by your spouse to hurt you because of anger toward you. They are usually in the form of verbal or physical attacks.

A. Angry Outbursts as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse attacks you with an angry outburst.



B. Frequency of Spouse’s Angry Outbursts: Indicate how often your spouse tends to engage in angry outbursts toward you.

_____ (write number) angry outbursts each day/week/month/ year (circle one).

C. Form(s) Angry Outbursts Take: When your spouse engages in angry outbursts toward you, what does he typically do? _____

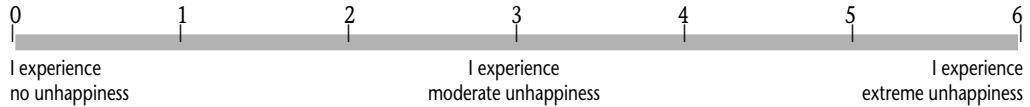
D. Form of Angry Outbursts That Causes the Greatest Unhappiness: Which of the above forms of angry outbursts causes you the greatest unhappiness? _____

E. Onset of Angry Outbursts: When did your spouse first engage in angry outbursts toward you? _____

F. Development of Angry Outbursts: Have your spouse’s angry outbursts increased or decreased in intensity and/or frequency since they first began? How do recent angry outbursts compare to those of the past? _____

4. Dishonesty. Failure of your spouse to reveal his thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future. Dishonesty is not only providing false information about any of the above topics, but it is also leaving you with what he knows is a false impression.

A. Dishonesty as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse is dishonest with you.



B. Frequency of Spouse's Dishonesty: Indicate how often your spouse tends to be dishonest with you.

_____ (write number) instances of dishonesty each day/week/month/year (circle one).

C. Form(s) Dishonesty Takes: When your spouse is dishonest with you, what does he typically do? _____

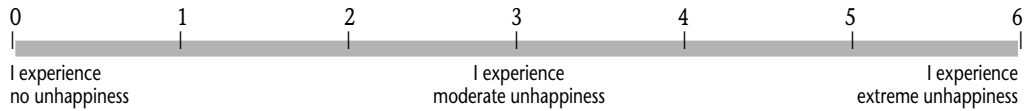
D. Form of Dishonesty That Causes the Greatest Unhappiness: Which of the above forms of dishonesty causes you the greatest unhappiness? _____

E. Onset of Dishonesty: When was your spouse first dishonest with you? _____

F. Development of Dishonesty: Has your spouse's dishonesty increased or decreased in intensity and/or frequency since it first began? How do recent instances of dishonesty compare to those of the past? _____

5. Annoying Habits. Behavior repeated by your spouse without much thought that bothers you. These habits include personal mannerisms such as the way your spouse eats, cleans up after himself, and talks.

A. Annoying Habits as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse engages in annoying habits.



B. Frequency of Spouse’s Annoying Habits: Indicate how often your spouse tends to engage in annoying habits.

_____ (write number) occurrences of annoying habits each day/week/month/year (circle one).

C. Form(s) Annoying Habits Takes: When your spouse engages in annoying habits toward you, what does he typically do? _____

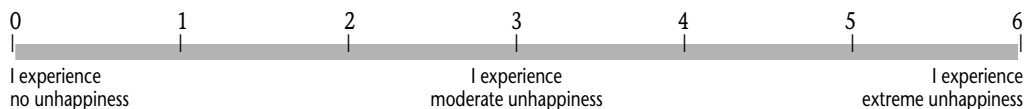
D. Form of Annoying Habits That Causes the Greatest Unhappiness: Which of the above forms of annoying habits causes you the greatest unhappiness? _____

E. Onset of Annoying Habits: When did your spouse first engage in annoying habits? _____

F. Development of Annoying Habits: Have your spouse’s annoying habits increased or decreased in intensity and/or frequency since they first began? How do those recent annoying habits compare to those of the past? _____

6. Independent Behavior. Behavior conceived and executed by your spouse without consideration of your feelings. These behaviors are usually scheduled and require thought to complete, such as attending sporting events or engaging in a personal exercise program.

A. Independent Behavior as a Cause of Unhappiness: Indicate how much unhappiness you tend to experience when your spouse engages in independent behavior.



B. Frequency of Spouse’s Independent Behavior: Indicate how often your spouse tends to engage in independent behavior.

_____ (write number) occurrences of independent behavior
each day/week/ month/year (circle one).

C. Form(s) Independent Behavior Takes: When your spouse engages in independent behavior toward you, what does he typically do? _____

D. Form of Independent Behavior That Causes the Greatest Unhappiness: Which of the above forms of independent behavior causes you the greatest unhappiness? _____

E. Onset of Independent Behavior: When did your spouse first engage in independent behavior? _____

F. Development of Independent Behavior: Has your spouse’s independent behavior increased or decreased in intensity and/or frequency since it first began? How does recent independent behavior compare to that of the past? _____

Ranking His Love Busters

The six basic categories of Love Busters are listed below. There is also space for you to add other categories of Love Busters that you feel contribute to your marital unhappiness. In the space provided in front of each Love Buster, write a number from 1 to 6 that ranks its relative contribution to your unhappiness. Write a 1 before the Love Buster that causes you the greatest unhappiness, a 2 before the one causing the next greatest unhappiness, and so on, until you have ranked all six.

- _____ Selfish Demands
- _____ Disrespectful Judgments
- _____ Angry Outbursts
- _____ Dishonesty
- _____ Annoying Behavior
- _____ Independent Behavior
- _____ _____
- _____ _____