APPENDIX E

LOVE BUSTERS QUESTIONNAIRE

For the Four Gifts of Love® Class

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Name_____ Date_____

This questionnaire is designed to help identify your partner's Love Busters. Your partner engages in a Love Buster whenever one of his or her habits causes you to be unhappy. By causing your unhappiness, he or she withdraws love units from his or her account in your Love Bank, and that, in turn threatens your romantic love.

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 partner's behavior. If your answers require more space use and attach a separate sheet of paper.

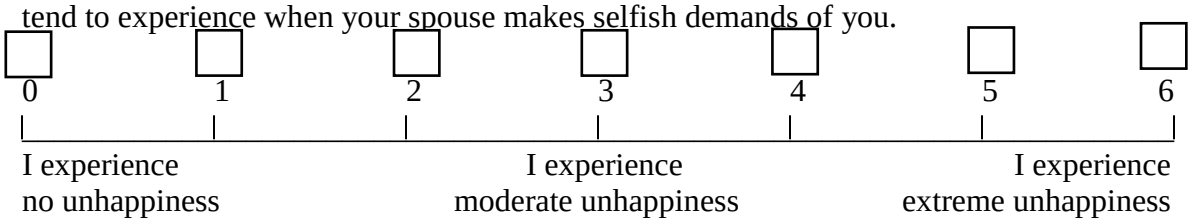
Your partner should also complete a Love Busters Questionnaire so that you can discover your own Love Busters.

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 spouse 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 importance to you. When you complete the ranking of 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 spouse to help clarify your feelings.

1. Selfish Demands. Attempts by your spouse to force you to do something for him/her, 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 tends to make selfish demands of you.

_____ selfish demands (write number) each day ☐ week ☐ month ☐ .

C. Form Selfish Demands Take: When your spouse makes selfish demands of you, what does he/she typically do?

_____

_____

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

_____

_____

E. Onset of Selfish Demands: When did your spouse first engage in selfish demands?

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_____

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

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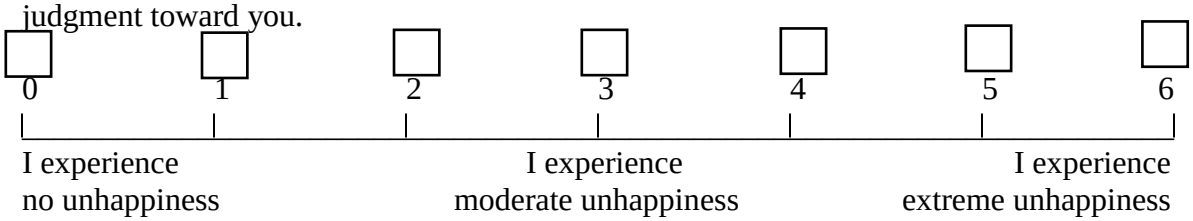
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2. Disrespectful Judgments. Attempts by your spouse to change your attitudes, beliefs and behavior by trying to force you into his/her way of thinking. If your spouse (1) lectures you instead of respectfully discusses issues, (2) feels that his/her 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, 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 judgment toward you.



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

_____ disrespectful judgments each day ☐ week ☐ month ☐ .

C. Form Disrespectful Judgments Take: When your spouse engages in disrespectful judgments toward you, what does he/she typically do?

_____

_____

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

_____

_____

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

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

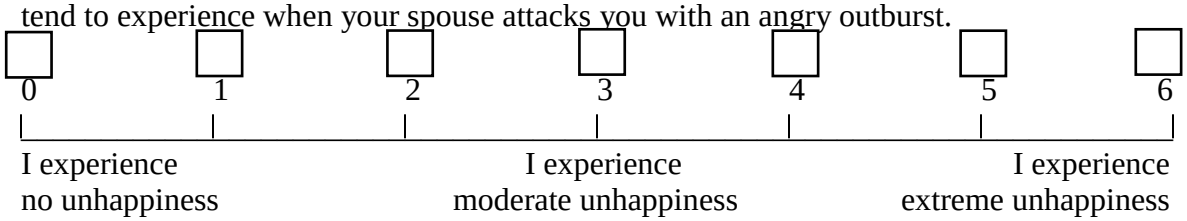
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3. Angry Outbursts. Deliberate attempts by your spouse to hurt you because of anger toward you. They are usually in the form of verbal or physical attacks.

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.

_____ angry outbursts (write number) each day ☐ week ☐ month ☐ .

C. Form Angry Outbursts Take: When your spouse engages in angry outbursts toward you, what does he/she typically do?

_____

_____

D. Form of Angry Outbursts That Causes the Greatest Unhappiness: Which of the above forms of angry outbursts cause 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 begun? How do recent angry outbursts compare to those of the past?

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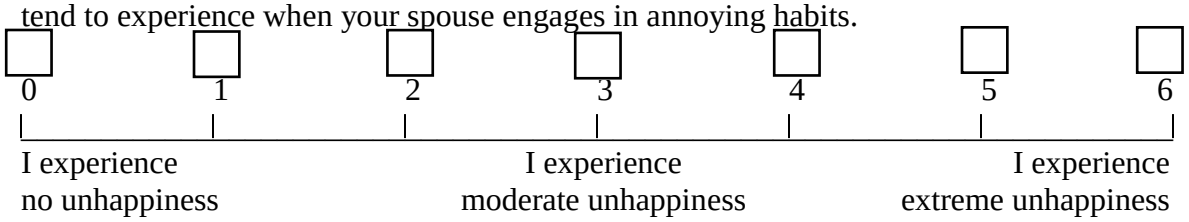
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4. Annoying Habits. Behavior repeated by your spouse without much thought that bothers you. These habits include personal mannerisms such as the way your spouse eats, cleans up, and talks.

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.

_____ annoying habits (write number) each day ☐ week ☐ month ☐ .

C. Form Annoying Habits Takes: When your spouse engages in annoying habits, what does he/she typically do?

_____

_____

D. Form of Annoying Habits That Causes the Greatest Unhappiness: Which of the above forms of annoying habits cause 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 begun? How do recent annoying habits compare to those of the past?

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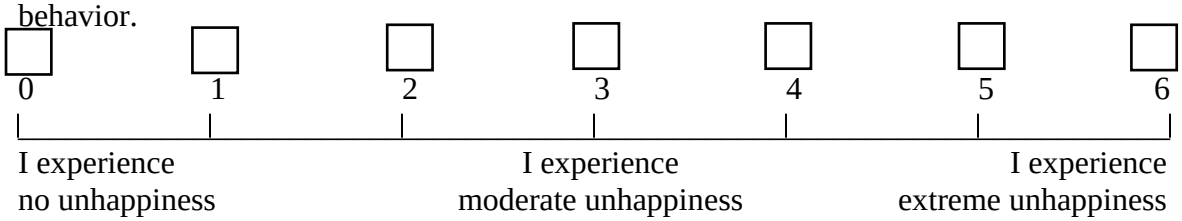
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5. Independent Behavior. Behavior conceived and executed by your spouse without consideration of your feelings. These behaviors are usually scheduled and required thought to complete, such as attending sporting events or engaging in a personal exercise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

_____independent behavior (write number) each day ☐ week ☐ month ☐ .

C. Form Independent Behavior Takes: When your spouse engages in independent behavior, what does he/she typically do?

_____

_____

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

_____

_____

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

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F. Development of Independent Behavior: Have your spouse's independent behavior increased or decreased in intensity and/or frequency since they first begun? How does recent independent behavior compare to those of the past?

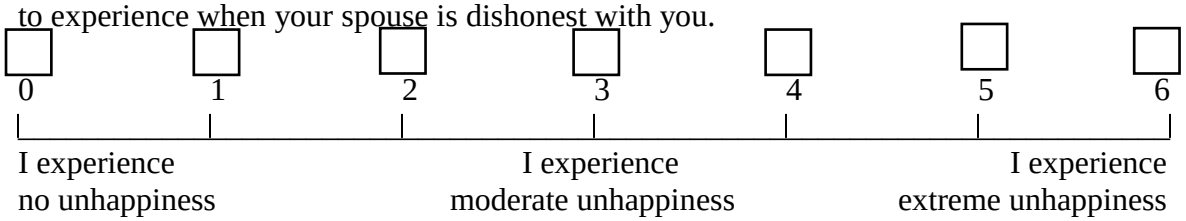
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6. Dishonesty. Failure of your spouse to reveal his/her thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future. Dishonesty is not only providing false information about any of the above topics, but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

_____ dishonesty (write number) each day ☐ week ☐ month ☐ .

C. Form Dishonesty Takes: When your spouse is dishonest with you, what does he/she typically do?

_____

_____

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

_____

_____

E. Onset of Dishonesty: When did your spouse first engage in dishonesty?

_____

_____

F. Development of Dishonesty: Have your spouse's dishonesty increased or decreased in intensity and/or frequency since they first begun? How do recent dishonesty compare to those of the past?

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Ranking Your Spouse's 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 you feel contribute to your marital unhappiness, but are not included in the list.

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 one causing the next greatest unhappiness, and so on until you have ranked all six. Use N/A if not applicable at this time.

_____ Selfish Demands

_____ Disrespectful Judgments

_____ Angry Outbursts

_____ Annoying Habits

_____ Independent Behavior

_____ Dishonesty

_____ _____

_____ _____

_____ _____

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