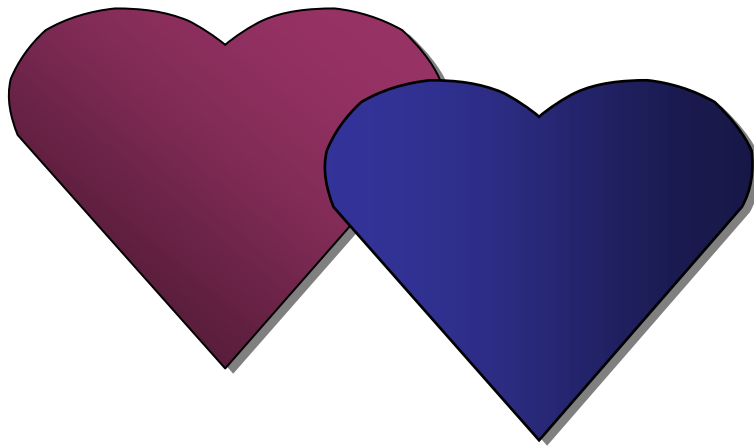


How to Fall in Love and Stay in Love



Written by

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Session 1**What is the Feeling of Love?****I. Marriage.**

- A) A relationship of extraordinary care.
- B) Extraordinary care can be expressed as three essential goals of marriage.

II. The Goals of Marriage.

- A) The _____ of marriage is to create a lifestyle that is fulfilling for both of you.
- B) The _____ of marriage is to avoid being each other's source of unhappiness.
- C) The _____ of marriage is to become each other's greatest source of happiness.

III. Extraordinary Care

- A) Requires behavioral change
 - 1) If you care for each other, you will change your lifestyle to become _____ enjoyable and fulfilling.
 - 2) If you care for each other, you will _____ your behavior that hurts each other.
 - 3) If you care about each other, you will change your behavior to make each other _____.

B) Creates and sustains romantic love

- 1) If you have a _____ enjoyable lifestyle, you're more likely to be in love.
- 2) If you _____ hurting each other, you're more likely to be in love.
- 3) If you make each other _____, you're more likely to be in love.

C) Since extraordinary care requires change, and extraordinary care creates and sustains romantic love, change is required to create and sustain romantic love.

IV. The Love Bank.

A) We all have a Love Bank.

B) It's the way our _____ keep track of the way people treat us. They _____ and _____ us.

C) There is an _____ in the name of everyone we encounter.

1) When we associate someone with _____ feelings, love units are _____ into their account in our Love Bank.

2) When we associate that person with _____ feelings, love units are _____ from their account in our Love Bank.

D) Our emotions use the Love Bank to _____ us to be with someone when his or her Love Bank balance is high and _____ us to avoid that person when it is low.

E) How did Joan and Mike fall in Love? Love Bank _____.

1) At first, they _____ what made each other happy.

2) Then they _____ to make each other happy —rarely denying each other's requests.

3) When each of them had deposited over 1000 love units, they became _____ to each other—they had fallen in love.

F) Why did Joan and Mike marry? _____.

1) Romantic love is the feeling of incredible _____ when 1000 love units are deposited.

2) After Joan and Mike fell in love, they wanted to be with each other as much as possible. They wanted to spend their _____ with each other.

3) Marriage was an easy choice. They both felt they would _____ each other until death.

G) How did Joan and Mike come to hate each other? Love Bank _____.

1) After their marriage, Joan and Mike withdrew so many love units from each other's Love Bank that they eventually had _____.

2) Then they continued withdrawing love units until their accounts were deeply in the _____.

3) When their accounts finally reached -1000 love units, they hated each other. They found each other _____.

Session 2**How to Negotiate without Making Love
Bank Withdrawals, Part 1****V. Instincts and Habits.**

- A) Instincts are behavioral patterns we are _____ with.
- B) Habits are behavioral patterns we _____
after we are born.
- C) Both instincts and habits tend to be _____
again and again almost effortlessly.
- D) A habit is formed by repeating a particular act.
- 1) A new habit can override an instinctive _____.
- 2) A new habit can override an _____.
- 3) Since most of our behavior is in the form of instincts
and habits, we can _____ our behavior if we
practice new behavior long enough.
- E) How much practice does it take to change behavior?
- 1) “All or none” habits take the _____ time.
- 2) _____ habits require more time depending
on the level of achievement desired.
- 3) Some habits require practice _____
environmental control.
- 4) Marital habits can fall into any of these 3 categories.
- F) Habits _____ the effect of an isolated behavior
on the Love Bank.
- 1) Habits that deposit Love Units _____ very
large Love Bank balances because they are repeated
over and over again almost effortlessly.

2) Habits that withdraw love units _____ Love Bank balances because they are repeated over and over again almost effortlessly.

G) Prior to marriage, Joan and Mike's habit formation was guided by this rule:

Do whatever you can to make _____ happy, and avoid anything that makes _____ unhappy, even if it makes _____ unhappy.

H) After marriage, Joan and Mike's habit formation was guided by this rule:

Do whatever you can to make _____ happy and avoid anything that makes _____ unhappy, even if it makes _____ unhappy.

I) The first rule creates habits that _____ the feeling of love. The second rule creates habits that _____ the feeling of love.

VI. The Giver and the Taker.

A) Your spouse is not possessed after all! You have simply been introduced to his or her Giver and Taker.

B) The Giver is the part of each of us that follows the rule:

Do whatever you can to make _____ happy and avoid whatever makes _____ unhappy, even if it makes _____ unhappy.

C) The Taker is the part of each of us that follows the rule:

Do whatever you can to make _____ happy and avoid anything that makes _____ unhappy, even if it makes _____ unhappy.

D) The Giver _____ a romantic relationship

1) It communicates _____ to provide extraordinary care.

2) It communicates _____.

E) The Taker _____ a romantic relationship.

- 1) It communicates _____ to provide extraordinary care.
- 2) It communicates unconditional _____.
- 3) Once Takers are in charge, marriage becomes a **war** – who can be the most selfish.

F) Neither the Giver nor the Taker knows how to _____ in marriage.

- 1) The Giver wants you to give _____.
- 2) The Taker wants you to _____.
- 3) True negotiation requires _____ at the same time.

VII. The Three States of Mind in Marriage.

A) The Giver and Taker create three states of mind in marriage.

- 1) Each has its own _____, and each has its own _____.
- 2) All three states of mind prevent spouses from negotiating _____.

B) _____: The feeling of romantic love is _____ by very high Love Bank balances.

- 1) The Giver's rule is _____ followed:
Do whatever you can to make your spouse happy and avoid whatever makes your spouse unhappy, even if it makes you unhappy.
- 2) Emotional needs are met unconditionally.
 - (a) Spouses feel protected, so they _____ each other with their deepest feelings.

(b) Conversation is _____ with _____ and _____ communicated.

(c) There is a close emotional _____ which makes them emotionally vulnerable.

(d) But habits are created that tend to _____ one spouse at the _____ of the other.

C) The State of Conflict: Love Bank balances fall below the romantic love threshold, and the feeling of love _____.

1) The Taker's rule is _____ followed:
Do whatever you can to make yourself happy and avoid whatever makes yourself unhappy, even if it makes your spouse unhappy.

2) _____ are made to try to force the other _____ to meet unmet emotional needs.

(a) Demands lead to _____ and _____.

(b) Feelings are _____, sometimes _____, and so trust is questioned.

(c) There is still a close emotional _____ with the hope that Intimacy will return.

(d) But habits are created that tend to _____ one spouse at the _____ of the other.

D) The State of Withdrawal. The pain of self-centered, thoughtless behavior that arises from the State of Conflict convinces one or both spouses to become emotionally _____.

1) The Taker's rule is still followed, but there is no _____ to have emotional needs met by the other spouse.

2) Conversation is _____ and emotionally _____. Sometimes conversation ceases entirely.

3) Trust is _____.

- 4) Emotional _____ are raised which breaks the emotional bond.
- 5) Habits are formed that _____ the other spouse's interests and feelings.
- E) Once a couple is in the State of Withdrawal, they must _____ the State of Conflict before they return to the State of Intimacy. That's why fights often break out after periods of silence.
- F) Each state of mind determines the way spouses instinctively try to get what they _____.
- 1) In Intimacy they _____ each other's requests.
- 2) In Conflict they _____ without a willingness to compensate.
- 3) In Withdrawal they are _____ to do anything for each other.
- 4) In each state of marriage, _____ is not considered.
- G) The First Goal of Marriage: Create a lifestyle that is fulfilling for both of you.
- 1) For many of you, your lifestyle is preventing you from being in love and having a fulfilling marriage.
- 2) You have chosen components of your lifestyle that make at least one of you very unhappy.
- (a) Career
- (b) Work schedule
- (c) Place to live
- (d) Friends
- (e) Ways to train your children
- (f) Other

H) How to achieve the First Goal of Marriage: A mutually fulfilling lifestyle can be achieved only if a couple knows how to negotiate effectively.

1) Our _____ prevent us from negotiating effectively.

(a) The Giver wants us to _____ unconditionally –create a lifestyle that only benefits our spouse.

(b) The Taker wants us to _____ unconditionally –create a lifestyle that only benefits us.

(c) Our States of Mind prevent us from trying to find solutions that give and take _____ – that creates a lifestyle that benefits both of us.

2) Because our instincts are opposed to marital negotiation, every couple needs a rule to help _____ those instincts so they can negotiate and create a mutually enjoyable lifestyle.

Session 3**How to Negotiate without Making Love
Bank Withdrawals, Part 2**

VIII. The Policy of Joint Agreement: *Never do anything without an enthusiastic agreement between you and your spouse.*

IX. The Policy of Joint Agreement helps create _____ negotiation in marriage when instincts encourage spouses to be unfair.

X. The Policy of Joint Agreement forces couples to be _____ when they don't feel like it.

XI. The feelings and interests of the Giver and Taker in both husband and wife should be _____.

- 1) What you **give** should make your spouse happy, but it should also make you happy.
- 2) What you _____ should make you happy, but it should also make your spouse happy.

XII. The more compatible you are, the _____ it is to follow the Policy of Joint Agreement.

- 1) If you are incompatible, you may find enthusiastic agreement almost _____ at first.
- 2) But if you force yourselves to follow the Policy of Joint Agreement for just one year, you will become _____ and following it will become almost effortless.
- 3) You will have _____ most habits that made you incompatible and _____ them with habits and a lifestyle that make you compatible.

- E) The Policy of Joint Agreement helps find the solution to _____ marital conflicts because it encourages spouses to take each other's feelings into account whenever they make a decision.

IX. Four Guidelines for Successful Negotiation.

- A) Guideline #1: Set ground rules to make negotiation _____.

- 1) Be pleasant and cheerful as you negotiate (smile a lot).
- 2) Put safety first - avoid _____, _____, and _____. Never threaten each other.
- 3) If you reach an impasse, or cannot be pleasant or safe, _____ negotiating for a while and return to the issue later.

- B) Guideline #2: Identify the conflict from _____ of your perspectives and _____ those perspectives.

- 1) Keep the Policy of Joint Agreement in mind as you try to understand each other's _____.
- 2) Focus your effort on _____ what would be required for mutually enthusiastic agreement.
- 3) Do not interrupt or try to "straighten out" each other.

- C) Guideline #3: Brainstorm with _____.

- 1) _____ can be more important than quality – try to think outside the box.
- 2) Let the problem _____.

- D) Guideline #4: Choose a solution that meets the conditions of the _____.

- 1) Try a _____ period to test the mutual value of the solution.

- 2) If the solution becomes unpleasant for either spouse,
_____ to brainstorming.
- 3) All of your decisions should _____ both
of you, because almost all of them will _____
both of you.
- E) _____ the Policy of Joint Agreement and the
Four Guidelines for Successful Negotiation.
- 1) At first, _____ emotionally charged issues.
- 2) When you have solved simple problems, you are ready to
solve more _____ problems.

Session 4**How to Avoid Making Love Bank
Withdrawals, Part 1****X. Marriage.**

- A) A relationship of extraordinary care.
 - B) Extraordinary care can be expressed as three essential goals of marriage.
-

The Goals of Marriage.

- A) The _____ of marriage.
 - 1) Create a lifestyle that is fulfilling for both of you.
 - 2) A mutually fulfilling lifestyle will deposit love units and avoid their withdrawal.
 - 3) Achieve this goal by _____
whenever you make a decision.
 - B) The _____ of marriage is to avoid being each other's source of unhappiness.
 - C) The _____ of marriage is to become each other's greatest source of happiness.
-

XI. Love Busters: A Love Buster is any of your _____ that makes your spouse unhappy.

A) Selfish Demands: Attempts to force your spouse to do something with implied threat of punishment if he or she refuses.

1) A selfish demand is the first stage of _____ and _____.

(a) Demands imply awareness that your spouse will probably find the task to be _____, but you want it done anyway.

(b) You give your spouse no right to _____.

(c) It's the Taker's approach to solving problems - you gain at your spouse's expense—_____.

2) Selfish Demands are _____.

(a) You may get what you want now, but you are _____ to get it later.

(b) Selfish Demands do not lead to _____ formation.

(c) Selfish Demands can create _____.

(d) Selfish Demands _____ Love Bank balances.

3) Use the _____ to turn selfish demands into thoughtful requests.

(a) Guideline #1: Make your conversation _____ and enjoyable.

(b) Guideline #2: _____ what you would like and _____ how your spouse would feel fulfilling your request.

(c) Guideline #3: If your spouse indicates the request would be unpleasant to fulfill, _____ alternative ways so it would not be unpleasant.

(d) Guideline #4: If you discover a way that your spouse could enthusiastically help you get what you want, go for it. Otherwise, _____ to brainstorm, or _____ the request.

4) Thoughtful requests serve _____ objectives.

(a) You are more likely to get what you _____ in the future.

(b) Thoughtful requests encourage _____ formation.

(c) Thoughtful requests _____ aversive reactions.

(d) Thoughtful requests maintain Love Bank _____.

5) Selfish Demands should not be tolerated in your marriage.

B) Disrespectful Judgments: Attempts to change your spouse's attitudes, beliefs, and behavior by trying to force his/her way of thinking through lecture, ridicule, threat, or any other means.

1) Disrespectful judgments is the second stage of _____ and _____.

(a) It occurs whenever you try to **impose** your opinions, values, or beliefs on your spouse.

(b) It is often used as justification for a _____.

(c) It is how we try to _____ when a selfish demand doesn't work.

2) How can you know if you are making a disrespectful judgment?

(a) Do you ever try to "straighten out" your spouse?

(b) Do you ever tell your spouse that his or her judgment is inferior to yours?

- (c) When you and your spouse discuss an issue, do you interrupt your spouse or talk so much it prevents him or her from having a chance to explain his or her position?
- (d) Do you ever ridicule your spouse's point of view?
- (e) Do you ever give your spouse a lecture?
- 3) Disrespectful Judgments are _____.
- (a) You may get reluctant agreement now, but you are _____ to have agreement later.
- (b) Disrespectful Judgments do not lead to _____ formation.
- (c) Disrespectful Judgments can create _____.
- (d) Disrespectful Judgments _____ Love Bank balances.
- 4) Use the _____ to turn disrespectful judgments into _____. (It's _____ to try to change your spouse's attitudes, beliefs, and behavior. But you must do it in a way that your spouse considers respectful.)
- (a) Guideline #1: Make your conversation _____ and enjoyable.
Be cheerful and respect your spouse's opinions of beliefs.
- (b) Guideline #2: Describe the problem that your spouse's opinion creates for you and how a change in your spouse's beliefs or opinion would _____ you. Explain why you think a change in your spouse's beliefs or opinion might be in your _____.

- (c) Guideline #3: Brainstorm ways that a change in your spouse's opinions or beliefs might take place with enthusiastic agreement.
- (1) Test your opinion to demonstrate its _____ to your spouse.
- (2) Allow your spouse to change _____ using a test to demonstrate its value to you.
- (ci) Guideline #4: Make a final decision regarding the belief or opinion that has your _____ and _____ agreement.
- (1) If such a decision cannot be reached, either continue to brainstorm or drop the subject.
- (2) Don't continue to negotiate if your _____ feels that it is becoming _____.
- 5) Respectful Persuasion serves _____ objectives.
- (a) You are more likely to get _____ in the future.
- (b) Respectful Persuasion encourages _____ formation.
- (c) Respectful Persuasion _____ aversive reactions.
- (d) Respectful Persuasion maintains Love Bank _____.
- 6) Spouses that are happily married often have a few _____ opinions and beliefs.
- (a) It is their mutual respect for each other's opinions and beliefs that make their marriage _____, not common attitudes and beliefs.
- (b) And any disrespect for an opinion or belief is _____ a Love Buster.
- 7) Disrespectful judgments should not be tolerated in your marriage.

C) **Angry Outbursts:** Deliberate attempts to hurt your spouse because of anger, usually in the form of verbal or physical attacks.

1) Angry Outbursts is the third, and most dangerous, stage of _____ and control.

(a) It is the feeling that those who cause your unhappiness _____ to be punished.

(b) It is how you try to get your way, or at least _____, when selfish demands and disrespectful judgments don't work.

(c) When you have an angry outburst, you are trying to _____ your spouse.

(d) We are _____ with the instinct to have angry outbursts and must learn habits to override those instincts.

2) Angry Outbursts serves a _____ purpose.

(a) You may get what you want now, but you are _____ to get it later.

(b) Angry Outbursts do not lead to _____ formation.

(c) Angry Outbursts can create _____.

(d) Angry Outbursts _____ Love Bank balances.

3) You will not solve any marital problem if you can't control your _____.

(a) Angry Outbursts make your spouse _____ the problem instead of wanting to solve the problem.

(b) They make your spouse want to _____ you or _____ you.

(c) They must be _____ before you can address any other marital problem.

- 4) How to _____ angry outbursts:
- (a) Step #1: _____ the fact that your spouse does not cause your angry outbursts – you cause them.
 - (b) Step #2: Make a _____ to yourself and your spouse that you will overcome angry outbursts even if it means getting professional help.
 - (c) Step #3: _____ your angry outbursts and their effects on your spouse.
 - (1) You tend to _____ what you did when you were angry.
 - (2) _____ what happens to you when you become angry.
 - (3) It is temporary _____.
 - (d) Step #4: Try to avoid frustrating situations, but if they can't be avoided, learn to relax when faced with those situations.
 - (1) Adrenalin feeds anger – relaxation helps _____ adrenalin.
 - (2) You think more _____ when you relax –you're more likely to find solutions to the problem.
 - (3) An Angry Outburst is temporary _____.
- 5) When triggering conditions seem unavoidable, or you cannot control your temper for some other reason, seek _____.
- 6) Angry Outbursts should not be tolerated in your marriage.
- 7) Turn to page 55 and answer the questions on page 55-57.

Session 5**How to Avoid Making Love Bank
Withdrawals, Part 2****XII. Avoiding Love Busters (Cont.)**

XIII. Annoying Habits: Behavior repeated without much thought that bothers your spouse.

- 1) Why are we so _____ ?
 - (a) When we're _____, we see the problem immediately.
 - (b) But when we _____, we expect our spouse to get used to it.
- 2) Love units can be withdrawn whether or not it is intentional.
 - (a) Annoying habits can drain a Love Bank because they are unrelenting.
 - (b) Since we can change any of our habits, we can _____ annoying habits.
 - (c) Once they are learned, _____ are just as easy to do as annoying habits.
- 3) How to _____ annoying habits.
 - (a) _____ each other's annoying habits.
 - (b) _____ the easy ones first.
 - (c) _____ of the most annoying remaining habits to overcome.
 - (d) _____ a plan to overcome each habit.

(e) _____ your progress until it is eliminated.

(f) Overcome the _____
from your lists.

E) **Dishonesty:** Failure to reveal to your spouse correct information about your emotional reactions, personal history, daily activities, and plans for the future.

1) Dishonesty has at least three important negative _____.

(a) Feelings are _____ when dishonesty is discovered.

(b) _____ causes adjustment to the wrong target.

(c) An important emotional need is _____ (Honesty and Openness).

2) Dishonesty is a common “solution” to problems that independent behavior creates.

(a) "What my spouse doesn't know won't _____ him or her."

(b) It helps create a _____.

(c) It greatly increases the risk of infidelity.

3) Honesty helps protect your spouse from your potentially _____.

(a) Harmful habits of the _____ should be guarded against in the present.

(b) Harmful habits of the _____ should be exposed and overcome.

(c) Harmful habits of the _____ can be nipped in the bud by discussing them before they are learned.

4) **The Policy of Radical Honesty:** *Reveal to your spouse as much information about yourself as you know—your thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future.*

F) **Independent Behavior:** Plans and activities that you conceive and execute as if your spouse did not exist. (Independent behavior is usually scheduled and requires planning. Examples: bowling league, seeing an old girlfriend, shopping.)

1) Why is independent behavior _____?

(a) Our Giver wants our spouse to enjoy life – let them do whatever makes them happy.

(b) Our Taker wants us to enjoy life – why should we let our spouse keep us from having a good time?

(c) Neither our Giver or Taker encourage us to be interdependent – to consider the feeling of both spouses simultaneously.

2) The Policy of Joint Agreement helps create _____.

Never schedule or plan anything without first discussing it with each other, and then agreeing to it enthusiastically.

3) Independent behavior is the most common cause of marital arguments and fights.

(a) Although it is not intended to hurt the other spouse, it does.

(b) The offended spouse expresses offense, and the offender claims a right to independent behavior.

(c) It is a conflict of social values: Should personal gain trump mutual gain?

- 4) Two forms of resentment: Which is worse?
- (a) #1: Resentment from a violation of the Policy of Joint Agreement: Being forced into a decision that is not in your best interest.
 - (b) #2: Resentment from the default condition of the Policy of Joint Agreement: Being prevented from doing what would benefit you at your spouse's expense.
 - (c) Why is the first form far worse than the second?
- 5) A violation of the Policy of Joint Agreement always hurts one spouse – resentment is inevitable.
- (a) The default condition of the Policy of Joint Agreement causes resentment only until an enthusiastic agreement is reached.
- 6) Turn to page 58 and answer the questions on page 58-60.
- 7) Rank the importance of your spouse's Love Busters on page 61.

Session 6**How to Make Love Bank Deposits, Part I****XIII. Marriage.**

- A) A relationship of extraordinary care.
 - B) Extraordinary care can be expressed as three essential goals of marriage.
-

The Goals of Marriage.

- A) The _____ of marriage.
 - 1) Create a lifestyle that is fulfilling for both of you.
 - 2) A mutually fulfilling lifestyle will deposit love units and avoid their withdrawal.
 - 3) Achieve this goal by _____
_____ whenever you make a lifestyle decision.
 - B) The _____ of marriage.
 - 1) Avoid being each other's source of unhappiness.
 - 2) When you avoid being each other's source of unhappiness, you avoid making Love Bank withdrawals.
 - 3) Achieve this goal by _____.
 - C) The _____ of marriage is to become each other's greatest source of happiness.
-

XIV. Romantic Relationships 101

XV. What is a romantic relationship? It consists of two people in love who meet each other's emotional needs for intimacy.

- 1) They must be in _____ with each other AND they must be meeting each other's emotional needs for _____.
- 2) Both conditions must be met, which makes romantic relationships **fragile**.

XVI. What is "being in love"? There are two kinds of love: _____ and _____.

- 1) **Romantic Love** is the _____ of incredible attraction to someone of the opposite sex.
 - (a) Do you usually have a good feeling whenever you think about your spouse?
 - (b) Would you rather be with your spouse than anyone else?
 - (c) Do you enjoy telling your spouse your deepest feelings and most private experiences?
 - (d) Do you feel "chemistry" between you and your spouse?
 - (e) Does your spouse bring out the best in you?
 - (f) Romantic love is unmistakable for those who experience it.
 - (1) It is _____
 - (2) It can be _____
 - (3) It can be _____
 - (4) It can be _____ indefinitely.

2) **Caring Love** is a _____ and _____ to make someone happy.

(a) Unless a couple has caring love, it's not likely that they will meet any of each other's needs, intimate or otherwise.

(b) Caring love must be _____ if the couple wants to sustain a romantic relationship.

(1) They must care by being _____ and _____ to meet each other's intimate emotional needs.

(2) If intimate emotional needs are met with caring love, the feeling of romantic love is _____ and _____.

3) Have you noticed that when you are in love, you seem instinctively affectionate, conversant, eager to spend leisure time together, and to make love?

(a) That's because your emotions want you to keep that person around – they give you instincts to help you trigger his or her feeling of love for you.

(b) The fastest way to make Love Bank deposits is to meet those four intimate emotional needs.

XV. Emotional Needs: The most effective way to make your spouse happy.

A) What is an emotional need? .

It is a craving that, when satisfied, leaves us feeling happy and content; and when unsatisfied, we feel unhappy and frustrated.

B) Most Important Emotional Needs.

- 1) How I _____ the most important emotional needs in marriage.
 - (a) I asked clients what their spouse could do for them that would make them the _____ (depositing the most love units).
 - (b) _____ tended to want sexual fulfillment and recreational companionship most.
 - (c) _____ tended to want affection and conversation most.
 - (d) Men and women have trouble meeting each other's needs – they lack empathy.
- 2) Husbands and wives do not appreciate the importance of each other's emotional needs.
 - (a) So I taught husbands the importance of meeting their wife's emotional needs for _____ and _____.
 - (b) And I taught wives the importance of meeting their husband's emotional needs for _____ and _____.
- 3) These four needs are the intimate emotional needs met in every _____.
 - (a) They deposit the most love units.
 - (b) It is what we expect our spouse to do for us when we marry.
 - (c) Unmet intimate emotional needs is the most common cause of infidelity and divorce.
- 4) Three requirements for meeting an emotional need.
 - (a) Quality.
 - (b) Quantity.
 - (c) Mutuality.

XVI. The Four Intimate Emotional Needs.

XVII. Intimate Conversation: A craving for conversation about events of the day, personal feelings, and plans for the future.

- 1) It takes _____ to talk.
 - (a) During courtship, time that is scheduled for intimate conversation is essential for an _____.
 - (b) But after marriage, time for conversation with undivided attention is rarely _____.
- 2) Why is intimate conversation so _____?
 - (a) It is required for _____, _____, and _____.
 - (b) It helps spouses learn to _____ each other.
 - (c) It meets an _____: Conversation makes women feel closer to their husbands, more secure, happier.
- 3) **Friends of intimate conversation.**
 - (a) _____, _____, and _____ each other.
 - (b) Develop interest in each other's **favorite topics**.
 - (c) _____ the conversation.
 - (d) Give _____.
- 4) **Enemies of intimate conversation.**
 - (a) Using conversation to try to _____ at your spouse's expense (selfish demands).
 - (b) Using conversation to _____ to your way of thinking (disrespectful judgments).

- (c) Using conversation to _____ (angry outbursts).
- (d) Dwelling on _____: past and present.
- 5) Non-spouse opposite sex conversations are particularly _____ when this need is not met in marriage.
- D) Recreational Companionship:** A craving for recreational activities with a companion.
- 1) Why spend your most _____ recreational time with your spouse?
- (a) It helps _____ love units into each other's Love Banks almost effortlessly.
- (b) It is unlikely that you would have ever _____ if you had not spent your most enjoyable recreational time together.
- (c) It is unlikely that you can _____ if you do not spend your most enjoyable recreational time together.
- 2) Do _____ recreational activities exist?
- (a) There are _____ of activities you would enjoy if you knew about them.
- (b) There are _____ of activities you would enjoy _____ if you knew about them.
- (c) You'll only have time for about _____ of them.
- 3) How to _____ mutual recreational interests. *Recreational Enjoyment Inventory* (a copy is on page 136 in the *Five Steps to Romantic Love* workbook.)
- (a) Make a list of _____ recreational interests.
- (b) Combine the lists and **rate** each interest from -3 (very unpleasant) to +3 (very enjoyable).

- (c) Identify recreational interests with _____
a +2 for both spouses.
- (d) Spend all of your recreational time together
_____ in these recreational interests.
- 4) When you have become each other's _____
recreational companions, you may engage in some
recreational activities alone.
- (a) But they should be with each other's
_____.
- (b) And they _____ be so enjoyable
that they compete with the activities you do
together.
- 5) Turn to page 65 and answer the questions on page
65-66.

Session 7

How to Make Love Bank Deposits, Part 2

XVII. The Four Intimate Emotional Needs (Cont.)

A) **Affection:** A craving for the expression of **love** in words, hugs, kisses, cards, gifts, and courtesies.

1) What does affection _____?

(a) "I _____ care for you and protect you."

(b) "I am _____ about the problems you face."

(c) "I _____ try to help you overcome them."

2) But what if you think you're not the _____?

(a) If you don't express affection to someone with a need for affection, you send the _____ message:

(1) I _____ care about you and protect you.

(2) I'm _____ about your problems.

(3) I _____ help you overcome them.

(b) _____ can learn to be affectionate.

(1) The spouse with a need for affection makes a list of _____ that meets that need.

(2) The spouse meeting the need for affection _____ that behavior until it becomes a habit.

- (c) Habits that go a long way toward becoming affectionate.
- (1) Hug and kiss your wife every morning while you're still in bed.
 - (2) Tell her you love her while you're having breakfast together.
 - (3) Kiss her before you leave for work.
 - (4) Call her during the day to see how she is doing.
 - (5) Bring her flowers once in a while as a surprise (be sure to include a card that expresses your love for her).
 - (6) Gifts for special occasions (birthday, anniversary, Christmas, Mother's Day, and Valentine's Day) should be sentimental, not practical. Learn how to shop for your wife.
 - (7) After work, call her before you leave for home, so that she can know when to expect you.
 - (8) When you arrive home from work, give her a hug and kiss and spend a few minutes talking to her about how her day went.
 - (9) Help with the dishes, after dinner.
 - (10) Hug and kiss her every night, before you both go to sleep.
 - (11) Take a minute to think of another affectionate habit.
- 3) Affection is not _____, but it does provide the necessary _____ for sex.

B) Sexual fulfillment: A craving for sexual experiences.

1) How to achieve sexual compatibility.

- (a) Overcome your sexual _____.
- (b) Communicate your sexual _____ to each other.
- (c) Learn to create the _____ that trigger an enjoyable sexual response.

2) The five stages of the sexual response.

- (a) _____: Wanting or being willing to engage in sex, but not being sexually aroused.
- (b) _____: The beginning of sexual feelings (associated with a partial erection for men and lubrication of the vagina for women).
- (c) _____: Intense sexual feelings (associated with a full erection and tightening of the vagina).
- (d) _____: Most intense sexual feeling (associated with ejaculation for men and pulsing vagina for women - too much emphasis has been made of it).
- (e) _____: Relaxation following climax.

3) Because the sexual experience is so different for men and women, they need to _____ each other facts about their own sexual reactions.

4) Aversive sexual reactions are common because sex can be very unpleasant if it is _____.

- (a) Avoid sex that is _____ for either spouse.
- (b) Unpleasant sexual experiences make a spouse _____ willing.

5) The _____: Never engage in any sexual act or experience that does not include your spouse.

(a) Pornography, strip clubs, masturbation, and other forms of non-marital sex _____ with marital sex.

(b) Your marital sexual experience should not be _____ to any other sexual experience.

(c) But sexual _____ requires sexual cooperation.

6) Intimate Emotional Needs: Intimate Conversation, Recreational Companionship, Affection, Sexual Fulfillment.

A) All _____ intimate emotional needs must be met if both spouses are to be _____, and neither one frustrated.

It takes time to meet these four needs, and unless time is _____, especially after children arrive, they won't be met.

B) _____ you were married:

1) You and your spouse spent most of your _____ time together.

2) You _____ to each other almost every day about your deepest feelings.

3) You were _____ with each other whenever you were together.

4) You _____ time to give each other this special attention.

C) _____ that you are married:

1) You spend your most enjoyable recreational time _____.

2) Your conversation tends to be _____.

3) Your affection has slipped.

4) You no longer schedule time to be affectionate or talk with each other intimately.

D) Unless you and your spouse schedule time each week for _____,

1) it will be impossible for you to _____ for affection, conversation, sexual fulfillment, and recreational companionship.

2) you will not have a romantic relationship with each other, and you will not be _____.

DI) The Policy of Undivided Attention: Give your spouse your undivided attention a minimum of 15 hours each week, using the time to meet the emotional needs of affection, conversation, sexual fulfillment, and recreational companionship.

DII) Privacy:

1) The time you plan together should not include children (who are awake), relatives, or friends.

2) Undivided attention is necessary to meet intimate emotional needs.

DIII) Objectives:

1) During the time you are together, meet the intimate emotional needs of affection, conversation, sexual fulfillment, and recreational companionship.

2) It should become the most enjoyable part of your week.

C) Amount:

- 1) The number of hours you schedule to be together each week for undivided attention should reflect the quality of your marriage.
- 2) If your marriage is satisfying to you and your spouse, schedule 15 hours each week to be together.
- 3) But if either of you suffers marital dissatisfaction, plan more time until marital satisfaction is achieved.

CI) When spouses meet each other's intimate emotional needs, they _____. But when they fail to meet those needs, they fall out of love with each other.

- 1) When spouses are in love, it's _____ to meet each other's intimate emotional needs.
 - (a) But when they have lost their feeling of love, it's very _____.
 - (b) And everything else seems _____.
- 2) But when spouses are still _____, and still _____ meeting each other's intimate emotional needs, they can still _____ each other, thinking that other objectives should be more important such as caring for children.
- 3) Even though they want to spend _____ to maintain a romantic relationship, they let other _____ crowd it out. That causes them to lose their love for each other.
- 4) And when they _____ for each other, since it's much more difficult to meet each other's intimate emotional needs, they _____ to meet them. And that often leads to infidelity or divorce.

E) How to _____ your romantic relationship?

1) Every Sunday afternoon at 3:30, _____
15 hours of the coming week for undivided attention.

2) _____ the time you spend meeting
each other's intimate emotional needs.

3) Hold each other _____ to not let anything
keep you from spending that time together.

F) Turn to page 63 and answer the questions on page 63-64.

Session 8**How to Make Love Bank Deposits, Part 3****XX. The Six Remaining Emotional Needs**

A) Honesty and Openness: A craving for mutual honesty and openness regarding feelings, events of the past, daily activities, and plans for the future.

1) Why meet the need for Honesty and Openness?

(a) The most passionate relationships are usually _____.

(b) Dishonesty creates _____ and _____.

(c) Honesty creates _____ and _____.

2) Why are we tempted to lie to our spouses?

(a) The _____ liar.

(b) The _____ liar.

(c) The _____ liar.

(d) The _____ liar.

3) How to _____ your spouse to be honest and open with you:

(a) Your _____ must encourage honesty.

(1) What if the truth is terribly upsetting to you?
Do you still want your spouse to tell the truth?

(2) Do you feel there is no room for privacy in marriage?

(3) Should you try to take the mystery out of your relationship?

(4) Do you want honesty under all circumstances?

(b) Your _____ must encourage honesty.

(1) Do you avoid selfish demands when your spouse is honest?

(2) Do you avoid disrespectful judgments when your spouse is honest?

(3) Do you avoid angry outbursts when your spouse is honest?

(c) You must _____ honesty and openness with your spouse until it becomes a _____.

4) Honesty is NOT _____,
_____, _____.

B) Physical Attractiveness: A craving to look at and be with physically attractive people.

1) Have you ever been in love at first sight?

(a) For someone with a need for physical attractiveness, it can make enough Love Bank deposits to create romantic love.

(b) Is it love or is it infatuation?

(c) It depends on subsequent deposits or withdrawals.

2) Why emphasize physical appearance?

(a) Its fulfillment _____ love units.

(b) Its fulfillment is an act of _____.

(c) It can improve your own _____ and _____.

(d) 90% of spouses' physical appearance complaints are about excess weight.

3) _____ determine weight.

(a) _____ the conditions that trigger the habit of overeating.

(b) _____ conditions that trigger the habit of moderate eating.

(c) You may need a coach to hold you accountable.

4) Clothes, hairstyle, and make-up should appeal to your _____ more than anyone else.

C) **Financial Support:** A craving for the provision of financial resources to house, feed, and clothe you.

1) Do most women marry men for their _____?

Would you have married your spouse knowing that he or she would not earn an income?

2) How much is enough? The *Financial Support Inventory: Needs and Wants Budget* (a copy is on page 149 in the *Five Steps to Romantic Love* workbook).

(a) She completes a _____ budget - a basic but acceptable standard of living.

(b) Then she completes a _____ budget - what she would like if they could afford it.

(c) Finally, she completes an _____ budget that includes her income to cover wants they can afford.

3) Are financial problems the #1 cause for divorce?

(a) Financial problems simply _____ a general lack of problem-solving skills in marriage.

(b) Use the _____ and the _____ to make all financial decisions.

- 4) _____ are everything.
- (a) Meeting the emotional needs of affection, conversation, sexual fulfillment and recreational companionship by spending 15 hours each week should be your _____.
 - (b) Don't let your job prevent you from being _____ with each other.
 - (c) It's easier to _____ less than it is to _____ more.

D) **Domestic Support:** The craving of domestic help such as cooking, washing, cleaning, and childcare.

- 1) The _____ dilemma.
- (a) Marriage begins with a _____ to share domestic.
 - (b) This need _____ when children arrive.
 - (c) Greater effort to earn an income and many more domestic chores leaves parents _____.
- 2) How to _____ a fair division of labor.
- (a) _____ all your household and childcare tasks.
 - (b) _____ those tasks to the one who wants to do them or who wants them done the most.
 - (c) _____ tasks that will leave you exhausted.
- 3) How to _____ for domestic support.
- (a) Establishing _____ is essential if your help is to be appreciated.
 - (b) Indicate for each task how _____ you would be if your spouse were to help you with it.

- (c) _____ each other where your effort is most appreciated (deposits the most love units).
- (d) If your spouse does not respond positively to your help, _____ another task.
- E) **Family Commitment:** Craving the provision of your spouse's time and skill for the moral and educational development of your children.
- 1) Parenting takes _____.
- (a) Schedule 15 hours each week to be together as a family for the purpose of teaching important values.
- (b) It is more than childcare – it's an _____ to teach thoughtfulness.
- (c) It will make your children _____ and more _____ in life.
- 2) How should you _____ your children?
- (a) Reach an _____ regarding discipline.
- (b) Explain the _____.
- (c) Be _____ in your discipline.
- (d) Control your _____.
- F) **Admiration:** Craving respect, appreciation, and being valued by others.
- 1) Admiration is the _____ that you:
- (a) _____ your spouse.
- (b) _____ the contribution your spouse makes to your life.
- (c) _____ the effort he or she makes on your behalf.

- 2) We can _____ to tell our spouses what we appreciate most about them.
- 3) We can get into the habit of _____ our spouse instead of the habit of _____ them.
- 4) _____ is a habit that anyone can learn.
 - (a) Identify characteristics and behavior you _____ most, _____ most, and _____ most.
 - (b) Every day, select _____ from your list to tell your spouse.
 - (c) Don't let a day go by without having expressed your admiration at least _____.
- 5) The more _____ your spouse becomes in being your greatest source of happiness by meeting your most important emotional needs, the more there will be to _____.
- 6) The more your spouse _____ being the cause of your unhappiness, the less there will be to criticize.
- 7) Turn to page 67 and answer the questions on page 67-72.
- 8) On page 73 rank your top 5 emotional needs according to how much _____ you feel when each need is met and how much _____ you feel when not met.

Session 9**Infidelity**

XXI. Infidelity: A Romantic Relationship Outside of Marriage. Infidelity is one of the most painful experiences a betrayed spouse can encounter in life.

XXII. Infidelity can be _____ when any of the intimate emotional needs are met _____ of marriage.

- 1) When _____ intimate emotional need is met outside of marriage, the other intimate emotional needs are not far behind.
- 2) In most cases of infidelity, the _____ spouse is taken by surprise – he or she falls in love without understanding how it happened.

XXIII. Infidelity is an _____.

- 1) During an affair, a spouse tends to _____ it in the same way drug addicts rationalize their destructive behavior.
- 2) And during recovery, an unfaithful spouse tends to _____ of repeating the affair the same way recovering drug addicts tend to minimize the risk of returning to drugs.

XXIV. Infidelity is so _____ that extraordinary precautions must be taken to avoid it.

- 1) Yet it is so addictive that over half of all marriages experience it.
- 2) And most marriages that experience an affair never do recover from it.

D) To _____ against infidelity:

- 1) Maintain a _____ in your marriage by meeting each other's intimate emotional needs.
- 2) Don't ever let someone of the opposite sex meet _____ of your four intimate emotional needs (Conversation, Recreational Companionship, Affection, and Sexual Fulfillment).
- 3) Be radically honest with each other if you ever _____ feeling attracted to someone of the opposite sex.

DI) These extraordinary precautions are well worth the effort.

- 1) If you or your spouse were to have an affair, it would probably be the _____ of your lives.
- 2) Those _____ for an affair are those who don't believe it could happen to them.

DII) If your spouse has had an affair, should you _____?

- 1) In the case of infidelity, I believe in "_____", not forgiveness.
- 2) It is _____ an injury to ignore.
- 3) But the just compensation I recommend will not only help heal the betrayed spouse's wound, it will also _____.

DIII) To **overcome** infidelity:

- 1) Step 1: _____ see or talk to the lover again – create _____ to prevent chance encounters.
- 2) Step 2: Expect a _____ that includes depression and uncharacteristic moodiness for about 3-6 months.
- 3) Step 3: _____ a successful marital relationship by achieving the three goals of marriage.

Session 10**Becoming an Expert****XXII. Marriage.**

- A) A relationship of extraordinary care.
 - B) Extraordinary care can be expressed as three essential goals of marriage.
-

The Goals of Marriage.

- A) The _____ of marriage.
 - 1) Create a lifestyle that is fulfilling for both of you.
 - 2) A mutually fulfilling lifestyle will deposit love units and avoid their withdrawal.
 - 3) Achieve this objective by _____
_____ whenever you make a
lifestyle decision.
- B) The _____ of marriage.
 - 1) Avoid being each other's source of unhappiness.
 - 2) When you avoid being each other's source of unhappiness, you avoid making Love Bank withdrawals.
 - 3) Achieve this goal by _____.

C) The _____ of marriage.

- 1) Become each other's greatest source of happiness.
 - 2) When you are each other's greatest source of happiness, you make the largest Love Bank deposits.
 - 3) Achieve this goal by _____.
-

XXIII. Extraordinary Care

A) Requires behavioral change

- 1) If you care for each other, you will change your lifestyle to become _____ enjoyable and fulfilling.
- 2) If you care for each other, you will _____ your behavior that hurts each other.
- 3) If you care about each other, you will change your behavior to make each other _____.

B) Creates and sustains romantic love

- 1) If you have a _____ enjoyable lifestyle, you're more likely to be in love.
- 2) If you _____ hurting each other, you're more likely to be in love.
- 3) If you make each other _____, you're more likely to be in love.

C) Since extraordinary care requires change, and extraordinary care creates and sustains romantic love, change is required to create and sustain romantic love.

XXIV. What happened to Joan and Mike?

- A) They _____ each other's most important emotional needs and Love Busters.
- B) They _____ to meet each other's most important emotional needs, and overcome Love Busters.
- C) Then, they _____ to become experts at meeting each other's most important emotional needs, and avoiding Love Busters.
- D) When they _____ experts, they fell in love with each other, and remain in love to this day.

XXV. How Can You Fall in Love and Stay in Love?

- A) You have _____ identified each other's most important emotional needs and Love Busters.
- B) Your _____ is to agree to meet each other's most important emotional needs and overcome Love Busters.

XXVI. The Memorandum of Agreement.

- A) From the wife's Love Buster's Questionnaire, page 61, find the list of Love Busters that are causing her unhappiness.

Write them in order of their rank in the blank spaces on page 75 ("The Husband will ...") in both the husband's and wife's copies of the Memorandum of Agreement.

- B) From the husband's Love Buster's Questionnaire, page 61, find the list of Love Busters that are causing him unhappiness.

Write them in order of their rank in the blank spaces on page 75 ("The Wife will ...") in both the husband's and wife's copies of the Memorandum of Agreement.

- C) From the wife's Emotional Needs Questionnaire, page 73, find her five most important emotional needs.
Write them in the blank spaces on page 77 ("The Husband will ...") in both the husband's and wife's copies of the Memorandum of Agreement.
- D) From the husband's Emotional Needs Questionnaire, page 73, find his five most important emotional needs.
Write them in the blank spaces on page 77 ("The Wife will ...") in both the husband's and wife's copies of the Memorandum of Agreement.
- E) If as husband and wife you both agree to become an expert husband and wife, _____ of the Memorandum of Agreement on page 78.

XXVII. The Follow-up Program.

- A) How can you fall in love and stay in love?
- 1) You have already identified each other's most important emotional needs and Love Busters.
 - 2) You have just agreed to meet each other's most important emotional needs and overcome Love Busters.
 - 3) Now what's left is becoming skilled in meeting each other's most important emotional needs and overcoming Love Busters.
 - 4) Then, you will fall in love and stay in love.
- B) The "How to Fall in Love and Stay in Love" follow-up courses.
- 1) The "His Needs, Her Needs" course.
 - 2) The "Love Busters" course.

C) Each lesson focuses attention on a particular type of marital problem.

- 1) The lesson assignment booklet for each course explains how to complete each lesson.
- 2) Surveys will be sent to you every week to check up on your progress.
- 3) Use the Private Forum if you have any questions for me as you try to complete each lesson – topics are organized by lesson.

D) Lesson #1

- 1) The purpose of this lesson is to help you schedule enough time to restore a romantic relationship – a very tough first assignment!
- 2) Complete the Personal History Questionnaire (PHQ) that is in this workbook on your way home today.
- 3) Give your completed PHQ to each other to talk about when you get home.

E) Schedule time for the first lesson now.

- 1) You will only need about 3 hours each week to do each lesson.
- 2) If you schedule the same 3 hours, it will be easier to remember.
- 3) If you do not start the first lesson this coming week, there's a 50-50 chance you will never complete any of the lessons.
- 4) So take a few minutes now to schedule time with each other for the first lesson.

F) Which Lesson is Next?

- 1) It depends on your priorities and what you can achieve at first.

- 2) Who is the reluctant spouse? Begin with that person's priorities first.
- 3) If you are both reluctant, flip a coin to determine whose priority is first, and then alternate.
- 4) Some lessons prepare you for other lessons, so you may not be able to begin with your highest priority.

The Goals of Marriage.

A) The _____ of marriage.

- 1) Create a lifestyle that is fulfilling for both of you.
- 2) A mutually fulfilling lifestyle will deposit love units and avoid their withdrawal.
- 3) Achieve this objective by _____
_____ whenever you make a lifestyle decision.

B) The _____ of marriage.

- 1) Avoid being each other's source of unhappiness.
- 2) When you avoid being each other's source of unhappiness, you avoid making Love Bank withdrawals.
- 3) Achieve this goal by _____.

C) The _____ of marriage.

- 1) Become each other's greatest source of happiness.
 - 2) When you are each other's greatest source of happiness, you make the largest Love Bank deposits.
 - 3) Achieve this goal by _____
_____.
-

Love Busters Questionnaire
Page 54

Emotional Needs Questionnaire
Page 62

Memorandum of Agreement
Page 74

Other Resources by Dr. Harley
Page 79

Love Busters Questionnaire

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Name_____

Date_____

This questionnaire is designed to help identify your spouse's Love Busters. Your spouse 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 spouse's behavior. If your answers require more space use and attach a separate sheet of paper.

Your spouse 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.

0	1	2	3	4	5	6
-----		-----		-----		
I experience		I experience		I experience		
no unhappiness		moderate unhappiness		extreme unhappiness		

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/year (circle one).

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?

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?

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 you unhappiness you tend to experience when your spouse engages in disrespectful judgment toward you.

0	1	2	3	4	5	6
I experience		I experience		I experience		
no unhappiness		moderate unhappiness		extreme unhappiness		

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

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

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?

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?

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.

0	1	2	3	4	5	6
I experience		I experience			I experience	
no unhappiness		moderate unhappiness			extreme unhappiness	

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/year (circle one).

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?

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.

0	1	2	3	4	5	6
I experience		I experience			I experience	
no unhappiness		moderate unhappiness			extreme unhappiness	

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 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?

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.

0	1	2	3	4	5	6
I experience		I experience			I experience	
no unhappiness		moderate unhappiness			extreme unhappiness	

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 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?

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?

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.

0	1	2	3	4	5	6
I experience		I experience			I experience	
no unhappiness		moderate unhappiness			extreme unhappiness	

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

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

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?

Ranking of 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.

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

Emotional Needs Questionnaire

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Name _____

Date _____

This questionnaire is designed to help you determine your most important emotional needs and evaluate your spouse's effectiveness in meeting those needs. Answer all the questions as candidly as possible. Do not try to minimize any needs that you feel have been unmet. If your answers require more space use and attach a separate sheet of paper.

Your spouse should complete a separate **Emotional Needs Questionnaire** so that you can discover his or her needs and evaluate your effectiveness in meeting those needs.

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 identify and rank five of the ten needs in order of their importance to you. The most important emotional needs are those that give you the most pleasure when met and frustrate you when unmet. Resist the temptation to identify as most important only those needs that your spouse is not presently meeting. Include all your emotional needs in your consideration of those that are most important.

Emotional Needs Questionnaire

1. Affection. The expression of love in words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses love.

A. Need for affection: Indicate how much you need affection by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need		I have a moderate need		I have a great need		
for affection		for affection		for affection		

If or when your spouse **is not affectionate with you**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|-------------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to be shown affection. |

If or when your spouse **is affectionate with you**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|-----------------------------------|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to be shown affection. |

B. Evaluation of spouse's affection: Indicate your satisfaction with your spouse's affection toward you by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

My spouse gives me all the affection I need. Yes No

If your answer is no, how often would you like your spouse to be affectionate with you?

_____ (write number) times each day/week/month (circle one)

I like the way my spouse gives me affection. Yes No

If your answer is no, explain how your need for affection could be better satisfied in your marriage (use an extra sheet of paper if necessary).

2. **Sexual Fulfillment.** A sexual relationship that brings out a predictably enjoyable sexual response in both of you that is frequent enough for both of you.

A. Need for sexual fulfillment: Indicate how much you need sexual fulfillment by circling the appropriate number.

0	1	2	3	4	5	6
I have no need		I have a moderate need			I have a great need	
for sexual fulfillment		for sexual fulfillment			for sexual fulfillment	

If or when your spouse **is not willing to engage in sexual relations with you**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|---|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to engage in sexual relations. |

If or when your spouse **engages in sexual relations with you**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|---|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to engage in sexual relations. |

B. Evaluation of sexual relations with your spouse: Indicate your satisfaction with your spouse's sexual relations with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither			I am extremely	
dissatisfied		satisfied nor dissatisfied			satisfied	

My spouse has sexual relations with me as often as I need. Yes No

If your answer is no, how often would you like your spouse to have sex with you?

_____ (write number) times each day/week/month (circle one)

I like the way my spouse has sexual relations with me. Yes No

If your answer is no, explain how your need for sexual fulfillment could be better satisfied in your marriage (use an extra sheet of paper if necessary).

Emotional Needs Questionnaire

3. Conversation. Talking about events of the day, personal feelings, and plans for the future; avoiding demands, disrespect, anger or dwelling on past mistakes; showing interest in your favorite topics of conversation; balancing conversation; using it to inform, investigate, and understand you; and giving you undivided attention.

A. Need for conversation: Indicate how much you need conversation by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need for conversation		I have a moderate need for conversation		I have a great need for conversation		

If or when your spouse **is not willing to talk with you**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|-------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to talk. |

If or when your spouse **talks with you**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|-------------------------------|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to talk. |

B. Evaluation of conversation with your spouse: Indicate your satisfaction with your spouse's conversation with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely dissatisfied		I am neither satisfied nor dissatisfied		I am extremely satisfied		

My spouse talks with me as often as I need. Yes No

If your answer is no, how often would you like your spouse to talk with you?

_____ (write number) times each day/week/month (circle one)

I like the way my spouse talks with me. Yes No

If your answer is no, explain how your need for conversation could be better satisfied in your marriage (use an extra sheet of paper if necessary).

4. Recreational Companionship. Developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities. If any prove to be unpleasant to your spouse after an effort has been made, negotiating new activities that are mutually enjoyable.

A. Need for recreational companionship: Indicate how much you need recreational companionship by circling the appropriate number:

0	1	2	3	4	5	6
I have no need for recreational companionship		I have a moderate need for recreational companionship			I have a great need for recreational companionship	

If or when your spouse **is not willing to join you in recreational activities**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|------------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to include my spouse. |

If or when your spouse **joins you in recreational activities**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|--|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to join in recreational activities. |

B. Evaluation of recreational companionship with your spouse: Indicate your satisfaction with your spouse's recreational companionship with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

My spouse joins me in recreational activities as often as I need. Yes No

If your answer is no, how often would you like your spouse to join you in recreational activities?

_____ (write number) times each day/week/month (circle one)

I like the way my spouse joins me in recreational activities. Yes No

If your answer is no, explain how your need for recreational companionship could be better satisfied in your marriage (use an extra sheet of paper if necessary).

5. Honesty and Openness. Revealing positive and negative feelings, events of the past, daily events and schedule, plans for the future; not leaving a false impression; answering questions truthfully and completely.

A. Need for honesty and openness: Indicate how much you need honesty by circling the appropriate number:

0	1	2	3	4	5	6
I have no need for honesty and openness		I have a moderate need for honesty and openness			I have a great need for honesty and openness	

If or when your spouse **is not open and honest with you**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|-------------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to be open and honest. |

If or when your spouse **is open and honest with you**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|-----------------------------------|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to be open and honest. |

B. Evaluation of spouse's honesty and openness: Indicate your satisfaction with your spouse's honesty and openness with you by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely dissatisfied		I am neither satisfied nor dissatisfied			I am extremely satisfied	

In which of the following areas of honesty and openness would you like to see improvement from your spouse? (Circle the letter that applies to you.)

- Sharing positive and negative emotional reactions to significant aspects of life.
- Sharing information regarding his or her personal history.
- Sharing information about his or her daily activities.
- Sharing information about his or her future schedule and plans.

If you circled any of the above, explain how your need for honesty and openness could be better satisfied in your marriage (use an extra sheet of paper if necessary).

6. An Attractive Spouse. Keeping physically fit with diet and exercise; wearing hair and clothing in a way that you find attractive and tasteful.

A. Need for an attractive spouse: Indicate how much you need an attractive spouse by circling the appropriate number:

0	1	2	3	4	5	6
I have no need		I have a moderate need			I have a great need	
for an attractive		for an attractive			for an attractive	
spouse		spouse			spouse	

If or when your spouse **is not willing to make the most** of his or her physical attractiveness, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|---|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy he or she does not make an effort. |

If or when your spouse **makes the most of his or her physical attractiveness**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|---|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to see him/her make an effort. |

B. Evaluation of spouse's attractiveness: Indicate your satisfaction with your spouse's attractiveness by circling the appropriate number.

-3	-2	-1	0	1	2	3
I am extremely		I am neither			I am extremely	
dissatisfied		satisfied nor dissatisfied			satisfied	

In which of the following characteristics of attractiveness would you like to see improvement from your spouse (circle the letter(s) that apply)?

- | | |
|--|------------------------------|
| a. Physical fitness and normal weight. | d. Good physical hygiene. |
| b. Attractive choice of clothes. | e. Attractive facial makeup. |
| c. Attractive hairstyle. | f. Other _____ |

If you circled any of the above, explain how your need for an attractive spouse could be better satisfied in your marriage (use an extra sheet of paper if necessary).

7. Financial Support. The provision of financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you.

A. Need for financial support: Indicate how much you need financial support by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need		I have a moderate need		I have a great need		
for financial support		for financial support		for financial support		

If or when your spouse **is not willing to support you financially**, how do you feel?
(Circle the appropriate letter)

- | | |
|----------------------|---|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to be financially supported. |

If or when your spouse **supports you financially**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|---|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to be financially supported. |

B. Evaluation of spouse's financial support: Indicate your satisfaction with your spouse's financial support of you by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

How much money would you like your spouse to earn to support you? _____

How many hours each week would you like your spouse to work? _____

If your spouse is not earning as much money as you would like, is not working the hours you would like, does not budget the way you would like, or does not earn an income the way you would like, explain how your need for financial support could be better satisfied in your marriage (use an extra sheet of paper if necessary).

8. Domestic Support. Creation of a home environment for you that offers a refuge from the stresses of life; management of the home and care of the children—if any are at home—including but not limited to cooking meals, washing dishes, washing and ironing clothes, housecleaning.

A. Need for domestic support: Indicate how much you need domestic support by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need		I have a moderate need		I have a great need		
for domestic support		for domestic support		for domestic support		

If or when your spouse **is not willing to provide you with domestic support**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|--|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to have domestic support. |

If or when your spouse **provides you with domestic support**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|--------------------------------------|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to have domestic support. |

B. Evaluation of spouse's domestic support: Indicate your satisfaction with your spouse's domestic support by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

My spouse provides me with all the domestic support I need. Yes No

I like the way my spouse provides domestic support. Yes No

If your answer is no to either of the above questions, explain how your need for domestic support could be better satisfied (use an extra sheet of paper if necessary).

9. Family Commitment. Scheduling sufficient time and energy for the moral and educational development of your children; reading to them, taking them on frequent outings, developing the skill in appropriate child-training methods and discussing those methods with you; avoiding any child-training methods or disciplinary action that does not have your enthusiastic support.

A. Need for family commitment: Indicate how much you need family commitment by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need		I have a moderate need		I have a great need		
for family commitment		for family commitment		for family commitment		

If or when your spouse **is not willing to provide family commitment**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|-------------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy he or she is not involved. |

If or when your spouse **provides family commitment**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|--|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy he/she is involved in the family. |

B. Evaluation of spouse's family commitment: Indicate your satisfaction with your spouse's family commitment by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

My spouse commits enough time to the family. Yes No

If your answer is no, how often would you like your spouse to join in family activities?

_____ (write number) times each day/week/month (circle one)

I like the way my spouse spends time with the family. Yes No

If your answer is no, explain how your need for family commitment could be better satisfied in your marriage (use an extra sheet of paper if necessary).

10. Admiration. Respecting, valuing and appreciating you; rarely critical and expressing admiration to you clearly and often.

A. Need for admiration: Indicate how much you need admiration by circling the appropriate number:

0	1	2	3	4	5	6
-----		-----		-----		
I have no need		I have a moderate need		I have a great need		
for admiration		for admiration		for admiration		

If or when your spouse **does not admire you**, how do you feel? (Circle the appropriate letter)

- | | |
|----------------------|-------------------------------|
| a. Very unhappy. | c. Neither happy nor unhappy. |
| b. Somewhat unhappy. | d. Happy not to be admired. |

If or when your spouse **does admire you**, how do you feel? (Circle the appropriate letter)

- | | |
|--------------------|-------------------------------|
| a. Very happy. | c. Neither happy nor unhappy. |
| b. Somewhat happy. | d. Unhappy to be admired. |

B. Evaluation of spouse's admiration: Indicate your satisfaction with your spouse's admiration toward you by circling the appropriate number.

-3	-2	-1	0	1	2	3
-----		-----		-----		
I am extremely		I am neither		I am extremely		
dissatisfied		satisfied nor dissatisfied		satisfied		

My spouse gives me all the admiration I need. Yes No

If your answer is no, how often would you like your spouse to admire you?

_____ (write number) times each day/week/month (circle one).

I like the way my spouse admires me. Yes No

If your answer is no, explain how your need for admiration could be better satisfied in your marriage (use an extra sheet of paper if necessary).

Ranking Your Emotional Needs

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness, but are not included in the list.

In the space provided in front of each need, write a number from 1 to 5 that ranks the need's most importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, and so on until you have ranked your five most important emotional needs.

To help you rank these needs, imagine that you will only have one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be 1. If only two needs would be met, what would your second selection be? Which five needs, when met, would make you the happiest?

_____	Affection
_____	Sexual Fulfillment
_____	Conversation
_____	Recreational Companionship
_____	Honesty and Openness
_____	An Attractive Spouse
_____	Financial Support
_____	Domestic Support
_____	Family Commitment
_____	Admiration
_____	_____
_____	_____
_____	_____
_____	_____

MEMORANDUM OF AGREEMENT

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THIS AGREEMENT is made this ____ day of _____,
20____, between _____,
hereinafter called "Husband," and _____,
hereinafter called "Wife," whereby it is mutually agreed:

- I. The Husband and Wife agree to avoid being the cause of each other's pain or discomfort by protecting each other from their own thoughtless decisions and Love Busters.
 - A. To avoid making thoughtless decisions, the Husband and Wife agree to follow the **Policy of Joint Agreement**: *Never do anything without an enthusiastic agreement between you and your spouse.* This policy guarantees that one spouse will not gain at the other's expense.
 - B. To avoid thoughtless behavior, the Husband and Wife agree to protect each other from the following Love Busters:
 1. **Angry Outbursts**: Deliberate attempts to hurt the other spouse because of anger, usually in the form of verbal or physical attacks.
 2. **Disrespectful Judgments**: Attempts to change the other's attitudes, beliefs, and behavior by trying to force his or her way of thinking through lectures, ridicule, threat and other means.
 3. **Selfish Demands**: Attempts to force the other to do something with implied threat of punishment if he or she refuses.
 4. **Annoying Habits**: Habits that cause the other spouse to be unhappy.

5. **Independent Behavior:** The conduct of one spouse that is conceived and executed as if the other spouse did not exist. Independent behavior is usually scheduled and requires planning.

6. **Dishonesty:** Failure to reveal to the other spouse correct information about emotional reactions, personal history, daily activities, and plans for the future.

C. If Angry Outbursts, Disrespectful Judgments, Selfish Demands, Annoying Behavior, Independent Behaviors, and/or Dishonesty occur, the Husband and Wife agree to create and follow a plan that identifies them, investigates their causes, keeps a record of their occurrences, and eliminates the behaviors.

The Husband will make a special effort to overcome the following:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

The Wife will make a special effort to overcome the following:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

II. The Husband and Wife agree to meet each other's most important emotional needs.

A. The Husband and Wife will identify their most important emotional needs and select at least five that are most important to the Husband and at least five that are most important to the Wife. Those needs may include the following:



1. **Affection:** Expressing love in words, cards, gifts, hugs and kisses, and courtesies; creating an environment that clearly and repeatedly expresses love.
2. **Sexual Fulfillment:** Understanding one's own sexual response and that of the spouse; learning to bring out the best of that response in each other so that their sexual relationship is mutually satisfying and enjoyable.
3. **Conversation:** Setting aside time each day to talk to each other about events of the day, feelings, and plans; avoiding angry or judgmental statements or dwelling on past mistakes; showing interest in the spouse's favorite topics of conversation; balancing conversation, using it to inform, investigate, and understand each other; and giving each other undivided attention.
4. **Recreational Companionship:** Developing an interest in the favorite recreational activities of the spouse; learning to be proficient in them and joining in those activities; if they prove to be unpleasant after an effort has been made, negotiating with the spouse new recreational activities that are mutually enjoyable.
5. **Honesty and Openness:** Describing one's own positive and negative feelings, events of one's past, daily events and schedule, and plans for the future; never leaving the other with a false impression; answering the spouse's questions truthfully and completely.
6. **Physical Attractiveness:** Keeping physically fit with diet and exercise; wearing hair, clothing and, if female, make-up in a way that the spouse finds attractive and tasteful.
7. **Financial support:** Assuming responsibility to house, feed, and clothe the family at a standard of living acceptable to the spouse, but avoiding travel and working hours that are unacceptable to the spouse.

8. **Domestic Support:** Creating a home environment that offers a refuge from the stresses of life; managing the home and care of the children in a way that encourages the spouse to be in the home enjoying the family.

9. **Family Commitment:** Scheduling sufficient time and energy to the moral and educational development of the children; reading to them, taking them on frequent outings, educating oneself in appropriate child-training methods and discussing those methods with the spouse; avoiding any child-training method or disciplinary action that does not have the enthusiastic support of the spouse.

10. **Admiration:** Understanding and appreciating one's spouse more than anyone else; never criticizing but showing profound respect and pride.

The Husband will learn to meet the following emotional needs of the Wife:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

The Wife will learn to meet the following emotional needs of the Husband.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

B. The husband and wife agree to create and follow a plan to help form the new habits that will meet their spouse's five emotional needs.

- C. The Husband and Wife will evaluate the success of their plans, create new plans if the first are unsuccessful; learning to meet new emotional needs if their spouse replaces any of the original five with new emotional needs. They will meet every _____ (month, quarter, year) to review this agreement and change it if needed.
- III. The Husband and Wife agree to take time to give their spouse their undivided attention. They will do this by:
- A. Insuring privacy, planning time together that does not include children, relatives, or friends so that undivided attention is maximized.
- B. Using the time together to meet the needs of affection, sexual fulfillment, conversation, and recreational companionship.
- C. Committing to spend the number of hours that reflects the quality of the marriage: Fifteen hours each week if the marriage is mutually satisfying, and more time if marital dissatisfaction is reported by either spouse.
- D. Scheduling time to be together prior to each week and keeping a record of the time actually spent.

IN WITNESS WHEREOF, the parties hereto have signed this agreement on the day and year first above written:

Husband

Wife

Other Resources by Dr. Harley

1. ***His Needs, Her Needs: Building an Affair-proof Marriage*** (Revell, 1986, 2001) helps couples learn to identify and meet each other's most important emotional needs.
2. ***Love Busters: Overcoming Habits that Destroy Romantic Love*** (Revell, 1992, 2002) helps couples learn to avoid being the cause of each other's unhappiness.
3. ***Five Steps to Romantic Love*** (Revell, 1993, 2002) is a workbook to help couples apply the principles found in the first two books. The contracts, questionnaires, inventories and worksheets that Dr. Harley has used in his counseling practice are arranged in a logical sequence to help couples follow Dr. Harley's Five Steps: (1) make a commitment to overcome marital problems, (2) identify habits that cause unhappiness, (3) learn to overcome those habits, (4) identify the most important emotional needs, and (5) learn to meet those needs.
4. ***Fall in Love, Stay in Love*** (Revell, 2001) weaves together the insights and techniques Dr. Harley has collected over the years into a comprehensive plan for building and sustaining the feeling of love. In seventeen sessions it equips you with the tools you need for a happy, successful marriage.
5. ***Surviving an Affair*** (Harley/Chalmers, Revell, 1998) provides answers to those who find themselves caught in the common tragedy of infidelity. From the moment an affair is first suspected all the way through full marital recovery, this book provides a thorough analysis and step-by-step proven solutions. It is written especially for the betrayed spouse, but also provides invaluable guidance for the unfaithful spouse, the lover, and even the couple's extended family.
6. ***I Cherish You*** (Revell, 2002) is a gift book that expresses the meaning of being cherished. In this book, Dr. Harley condenses the chapters of *His Needs, Her Needs* into a succinct, yet meaningful, expression of love.
7. ***I Promise You: Preparing for Marriage That Will Last a Lifetime*** (Revell, 2006) is for engaged couples. Marriage is a truly unique commitment that requires more than just love to keep it together. So where can an engaged couple turn for help strengthening their marriage before it starts? *I Promise You* offers couples four ways to create a healthy and vibrant marriage: care, protection, honesty, and time. Each chapter contains useful and practical exercises to help readers make each of these four keys second nature in their relationship.

8. ***His Needs, Her Needs: Habits for a Lifetime of Passion*** (Harley, 1999) is an audio series that accompanies Dr. Harley's best-selling book, *His Needs, Her Needs*. Twelve half-hour sessions help provide motivation and insight to couples who want to apply the lessons of *His Needs, Her Needs* to their marriage. A copy of *His Needs, Her Needs* and the workbook, *Five Steps to Romantic Love*, are included with the tape series.
9. ***Love Busters: Overcoming Habits That Destroy Passion*** (Harley, 2000) is a companion audio series to *His Needs, Her Needs: Habits for a Lifetime of Passion*. Twelve half-hour sessions help the readers of Dr. Harley's book, *Love Busters*, identify and eliminate selfish demands, disrespectful judgments, angry outbursts, annoying behavior and dishonesty. A copy of *Love Busters* and the workbook, *Five Steps to Romantic Love*, are included with the tape series.
10. ***Buyers, Renters, and Freeloaders*** (Revell, 2002) provides a plan for building a relationship that will go the distance. It is filled with personal examples and practical advice to help you assess relationship attitudes and transform a Freeloader or Renter into a fully-committed Buyer. You'll even learn how one or both of you can try out the Buyer attitude before you decide to become one. Although *Buyers, Renters & Freeloaders* was intended to be a book to help dating couples create a lifelong relationship together, you will be sure to find this a most valuable source of information for your marriage. You will discover what is behind the attitudes that can cause connectedness between you and your spouse to break down. You will also discover how to change them.
11. ***His Needs, Her Needs for Parents*** (Revell, 2003) offers advice to couples on how to keep romance a priority while in the midst of raising kids. It gives you the tools you need to meet two important goals: staying in love *and* helping your children thrive.
12. ***Defending Traditional Marriage*** (Revell, 2005) looks at the definition of traditional marriage and how to protect your own family from falling prey to legal and cultural attacks as well as help reverse the trend that characterizes today's marriage-unfriendly culture.
13. **Web site: www.marriagebuilders.com**
Visit Dr. Harley's web site, [marriagebuilders.com](http://www.marriagebuilders.com) and learn some of the best ways to overcome marital conflicts and some of the quickest ways to restore love. And it's free!
14. ***Marriage Coaching***: This service offers planning and accountability for those who want to incorporate Dr. Harley's concepts into their marriage. For more information, visit MarriageCoach.com or call (651)762-8570.

How to Fall in Love and Stay in Love – Harley

ANSWER KEY

Session 1

What is the Feeling of Love?

I.

- II. A) first goal
 B) second goal
 C) third goal

- III. A)
 1) mutually
 2) change
 3) happy
 B)
 1) mutually
 2) avoid
 3) happy

- IV. C)
 A)
 B) emotions; encourage; warn
 C) account
 1) good; deposited
 2) bad; withdrawn
 D) encourage; warn
 E) deposits
 1) discovered
 2) learned
 3) irresistible
 F) Romantic Love
 1) attraction
 2) lives
 3) love
 G) withdrawals
 1) none left
 2) red
 3) repulsive

Session 2

How to Negotiate without Making Love Bank Withdrawals, Part 1

V.

- A) born
- B) learn
- C) repeated
- D)
 - 1) behavior
 - 2) old habit
 - 3) change
- E)
 - 1) shortest
 - 2) Complex
 - 3) plus
 - 4)
- F) multiply
 - 1) build
 - 2) destroy
- G) your partner; your partner; you
- H) yourself; yourself; your spouse
- I) build; destroy

VI.

- A)
- B) others; others; you
- C) yourself; yourself; others
- D) begins
 - 1) willingness
 - 2) unconditional love
- E) destroys
 - 1) unwillingness
 - 2) selfishness
 - 3) war
- F) negotiate
 - 1) without taking
 - 2) take without giving
 - 3) giving and taking

VII.

- A)
 - 1) negotiating rules; emotional reactions
 - 2) fairly
- B) triggered
 - 1) instinctively
 - 2)
 - (a) trust
 - (b) respectful and admiring; love; appreciation

- (c) bond
- (d) benefit; expense

C) disappears

- 1) instinctively
- 2) Demands; spouse
 - (a) disrespectful judgments; angry outbursts
 - (b) hurt; intentionally
 - (c) bond
 - (d) benefit; expense

D) distant

- 1) desire
- 2) defensive; distant
- 3) destroyed
- 4) defenses
- 5) ignore

E) pass through

F) need from each other

- 1) do not deny
- 2) demand
- 3) not willing
- 4) fair negotiation

G)

H)

- 1) instincts
 - (a) give
 - (b) take
 - (c) simultaneously
- 2) override

Session 3

How to Negotiate without Making Love Bank Withdrawals, Part 2

VIII.

- A) fair
- B) thoughtful
- C) balanced
 - 1) give
 - 2) take
- D) easier
 - 1) impossible
 - 2) compatible
 - 3) eliminated; replaced
- E) all

IX.

- A) pleasant and safe
 - 1)
 - 2) demands, disrespect, anger
 - 3) stop
- B) both; respect
 - 1) perspectives
 - 2) understanding
 - 3)
- C) abandon
 - 1) Quantity
 - 2) incubate
- D) Policy of Joint Agreement
 - 1) trial
 - 2) go back
 - 3) benefit; affect
- E) Practice
 - 1) avoid
 - 2) complex

Session 4

How to Avoid Making Love Bank Withdrawals, Part 1

X.

A)

B)

The Goals of Marriage

A) first goal

1)

2)

3) following the Policy of Joint Agreement

B) second goal

C) third goal

XI. habits

A)

1) abuse; control

(a) unpleasant

(b) refuse

(c) intentionally

2) short-sighted

(a) less likely

(b) habit

(c) aversive reactions

(d) destroy

3)

(a) safe

(b) Explain; ask

(c) brainstorm

(d) continue; withdraw

4) far-sighted

(a) want

(b) habit

(c) avoid

(d) balances

5)

B)

1) abuse; control

(a) impose

(b) selfish demand

(c) get our way

2)

3) short-sighted

(a) less likely

(b) habit

(c) aversive reactions

(d) destroy

- 4) respectful persuasion; okay
 - (a) safe
 - (b) help; spouse's best interest
 - (c)
 - (1) value
 - (2) your opinion
 - (d) mutual; enthusiastic
 - (1)
 - (2) spouse; unpleasant
- 5) far-sighted
 - (a) agreement
 - (b) habit
 - (c) avoids
 - (d) balances
- 6) differing
 - (a) great
 - (b) always

C)

- 7)
 - 1) abuse
 - (a) deserve
 - (b) even the score
 - (c) hurt
 - (d) born
 - 2) short-sighted
 - (a) less likely
 - (b) habit
 - (c) aversive reactions
 - (d) destroy
 - 3) temper
 - (a) avoid
 - (b) punish; leave
 - (c) overcome
 - 4) overcome
 - (a) Acknowledge
 - (b) commitment
 - (c) Identify
 - (1) forget
 - (2) Understand
 - (3) insanity
 - (d)
 - (1) dissipate
 - (2) clearly
 - (3) insanity
 - 5) professional help

Session 5

How to Avoid Making Love Bank Withdrawals, Part 2
XII.

- D)
 - 1) annoying
 - (a) being annoyed
 - (b) are annoying
 - 2)
 - (a)
 - (b) eliminate
 - (c) pleasing habits
 - 3) overcome
 - (a) Identify
 - (b) Eliminate
 - (c) Select three
 - (d) Create
 - (e) Measure
 - (f) three next most annoying habits
- E)
 - 1) consequences
 - (a) hurt
 - (b) Misinformation
 - (c) not met
 - 2)
 - (a) hurt
 - (b) secret second life
 - (c)
 - 3) harmful habits
 - (a) past
 - (b) present
 - (c) future
 - 4)
- F)
 - 1) tolerated
 - 2) interdependence
 - 3)
 - 4)
 - 5)
 - 6)
 - 7)

Session 6

How to Make Love Bank Deposits, Part 1

XIII.

A)

B)

The Goals of Marriage

A) first goal

1)

2)

3) following the Policy of Joint Agreement

B) second goal

1)

2)

3) overcoming Love Busters

C) third goal

XIV.

A)

1) love; intimacy

2) fragile

B) Romantic Love; Caring Love

1) Romantic Love; feeling

(a)

(b)

(c)

(d)

(e)

(f)

(1) measurable

(2) created

(3) destroyed

(4) sustained

2) Caring Love; willingness; ability

(a)

(b) very specific

(1) willing; able

(2) created; sustained

3)

(a)

(b)

XV.

A)

B)

1) discovered

(a) happiest

(b) Men

- (c) Women
- (d)

2)

- (a) affection; intimate conversation
- (b) sexual fulfillment; recreational companionship

3) romantic relationship

4)

XVI.

C)

1) time

- (a) emotional bond
- (b) scheduled

2) important

- (a) problem solving; planning; negotiating
- (b) understand
- (c) intimate emotional need

3)

- (a) Investigate; inform; understand
- (b) favorite topics
- (c) Balance
- (d) undivided attention

4)

- (a) get your way
- (b) force agreement
- (c) punish
- (d) mistakes

5) dangerous

D)

1) enjoyable

- (a) deposit
- (b) fallen in love
- (c) stay in love

2) mutually enjoyable

- (a) thousands
- (b) hundreds; together
- (c) five

3) find

- (a) each spouse's
- (b) rate
- (c) at least
- (d) developing skill

4) favorite

- (a) enthusiastic agreement
- (b) should not

5)

Session 7

How to Make Love Bank Deposits, Part 2

XVII.

- A) love
 - 1) communicate
 - (a) will
 - (b) concerned
 - (c) will
 - 2) affectionate type
 - (a) opposite
 - (1) won't
 - (2) not concerned
 - (3) won't
 - (b) Anyone
 - (1) behavior
 - (2) practices
 - (c)
 - 3) sex; environment
- B)
 - 1)
 - (a) ignorance
 - (b) understanding
 - (c) conditions
 - 2)
 - 3) teach
 - 4) forced
 - (a) unpleasant
 - (b) less
 - 5)
 - (a) compete
 - (b) compared
 - (c) exclusivity

XVIII.

- A) four; fulfilled; scheduled
- B) Before
 - 1) recreational
 - 2) talked
 - 3) affectionate
 - 4) scheduled
- C) Now
 - 1) apart
 - 2) superficial
 - 3)
 - 4)
- D) undivided attention

- 1) meet each other's needs
- 2) in love with each other

XIX.

A)

B)

C)

D) stay in love

- 1) easy

- (a) difficult

- (b) more important

- 2) in love; enjoy; neglect

- 3) enough time; priorities

- 4) lose their love; stop trying

E) preserve

- 1) schedule

- 2) Document

- 3) accountable

F)

Session 8

How to Make Love Bank Deposits, Part 3

XX.

A)

- 1)
 - (a) radically honest
 - (b) mistrust; insecurity
 - (c) understanding; emotional bonding
- 2)
 - (a) protector
 - (b) stay out of trouble
 - (c) make yourself look better than you are
 - (d) born
- 3) encourage
 - (a) values
 - (b) reactions
 - (c) practice; habit
- 4) selfish demands; disrespectful judgments; angry outbursts

B)

- 1)
- 2)
 - (a) deposits
 - (b) care
 - (c) health; happiness
- 3) Eating habits
 - (a) Remove
 - (b) Create
 - (c)
- 4) spouse

C)

- 1) money
 - 2)
 - (a) needs
 - (b) wants
 - (c) affordable
 - 3)
 - (a) spotlight
 - (b) Policy of Joint Agreement;
- Four Guidelines for Successful Negotiation
- 4) Priorities
 - (a) highest priority
 - (b) in love
 - (c) spend; earn

D)

- 1) division of labor

- (a) willingness
- (b) surfaces
- (c) exhausted

2) create

- (a) Identify
- (b) Assign
- (c) Eliminate

3) meet the need

- (a) responsibility
- (b) happy
- (c) Help
- (d) choose

E)

1) time

- (a)
- (b) opportunity
- (c) happier; successful

2) discipline

- (a) enthusiastic agreement
- (b) rules
- (c) consistent
- (d) anger

F)

1) recognition

- (a) Respect
- (b) Value
- (c) Appreciate

2) forget

3) criticizing; admiring

4) Admiration

- (a) respect; value; appreciate
- (b) several items
- (c) three times

5) skilled; admire

6) learns to stop

7)

8) pleasure; frustration

Session 9

Infidelity

XXI.

- A) triggered; outside
 - 1) one
 - 2) unfaithful
- B) addiction
 - 1) rationalize
 - 2) minimize the risk
- C) painful
- D) guard
 - 1) romantic relationship
 - 2) any
 - 3) begin
- E)
 - 1) worst experience
 - 2) most vulnerable
- F) forgive and forget
 - 1) “just compensation”
 - 2) too serious
 - 3) heal the marriage
- G) overcome
 - 1) Never; extraordinary precautions
 - 2) period of withdrawal
 - 3) Create

Session 10

Becoming an Expert

XXII.

- A)
- B)

The Goals of Marriage

A) first goal

- 1)
- 2)

3) following the Policy of Joint Agreement

B) second goal

- 1)
- 2)

3) overcoming Love Busters

C) third goal

- 1)
- 2)

3) meeting each other's most important emotional needs

XXIII.

A)

- 1) mutually
- 2) change
- 3) happy

B)

- 1) mutually
- 2) avoid
- 3) happy

C)

XXIV.

A) identified

B) agreed

C) learned

D) became

XXV.

A) already

B) next step

XXVI.

A)

B)

C)

D)

E) sign both copies

XXVII.

A)

B)

- C)
- D)
- E)
- F)

The Goals of Marriage

A) first goal

- 1)
- 2)
- 3) following the Policy of Joint Agreement

B) second goal

- 1)
- 2)
- 3) overcoming Love Busters

C) third goal

- 1)
- 2)
- 3) meeting each other's most important emotional needs