Her Love Busters Questionnaire

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

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

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

The final page of this questionnaire asks you to rank the six Love Busters in order of their importance to you. When you have finished ranking the Love Busters, you may find that your answers to the questions regarding each Love Buster are inconsistent with your final ranking. This inconsistency is common. It often reflects a less than perfect understanding of your feelings. If you notice inconsistencies, discuss them with your husband to help clarify your feelings.
1. **Selfish Demands.** Attempts by your spouse to force you to do something for him, usually with implied threat of punishment if you refuse.

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

   
   | | | | | | |
   | I experience no unhappiness | I experience moderate unhappiness | I experience extreme unhappiness |

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

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

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

   __________________________________________
   __________________________________________
   __________________________________________

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

   __________________________________________
   __________________________________________
   __________________________________________

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

   __________________________________________
   __________________________________________
   __________________________________________

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

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

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

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<tr>
<td>I experience no unhappiness</td>
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<td></td>
<td>I experience extreme unhappiness</td>
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B. **Frequency of Spouse’s Disrespectful Judgments:** Indicate how often your spouse tends to engage in disrespectful judgments toward you.

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

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

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

   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

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

   ________________________________________________ 
   ________________________________________________ 

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

   ____________________________________________ 
   ____________________________________________ 

   HER LOVE BUSTERS QUESTIONNAIRE
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.

   ![Unhappiness Scale]
   
   I experience no unhappiness | I experience moderate unhappiness | I experience extreme unhappiness

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

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

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

   ____________________________________________________________

   ____________________________________________________________

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

   ____________________________________________________________

   ____________________________________________________________

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

   ____________________________________________________________

   ____________________________________________________________

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

   ____________________________________________________________

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

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

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

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

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

_______________________________________________________________________

_______________________________________________________________________

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

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

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

_______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

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

_______________________________________________________________________

_______________________________________________________________________

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

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

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

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

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

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

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

_____________________________________________________________________

_____________________________________________________________________

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

_____________________________________________________________________

_____________________________________________________________________

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

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

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

   ![Unhappiness Scale](image)

   - I experience no unhappiness
   - I experience moderate unhappiness
   - I experience extreme unhappiness

   □ □ □ □ □ □
   I experience I experience I experience
   moderate unhappiness moderate unhappiness moderate 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(s) Independent Behavior Takes:** When your spouse engages in independent behavior toward you, what does he typically do? ____________________
   _______________________________________________________________________
   _______________________________________________________________________

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

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

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

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

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

_____ __________________________
_____ __________________________