

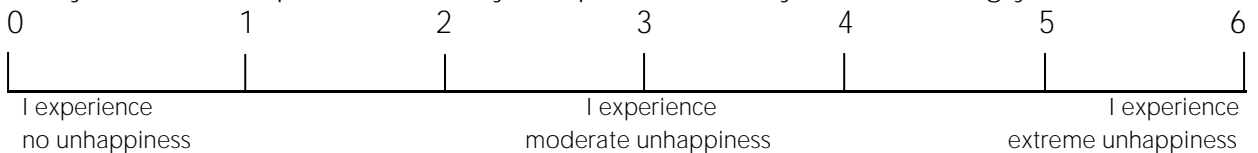


## **Love Busters Questionnaire**

All couples that are using this questionnaire must buy the book, Fall in Love Stay in Love by Willard F. Harley, Jr.

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

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



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

\_\_\_\_\_ (write number) angry outbursts each day / week / month / year (circle one)

**C. Form(s) Angry Outbursts Take:** When your spouse engages in angry outbursts toward you, what does he or she 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? \_\_\_\_\_

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**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?

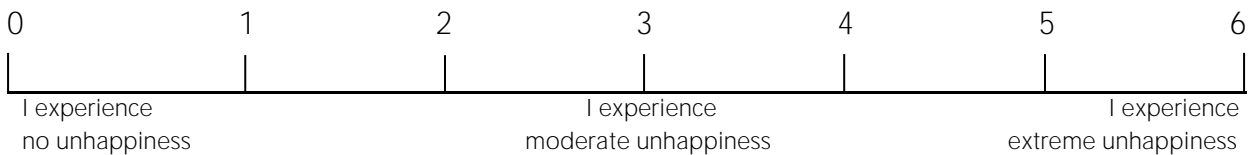
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2. **Disrespectful judgments.** Attempts by your spouse to change your attitudes, beliefs, and behavior by trying to force you into his way of thinking. If (1) your spouse lectures you instead of respectfully discussing issues, (2) feels that his or 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, your spouse 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.



**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 or she typically do?

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

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

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

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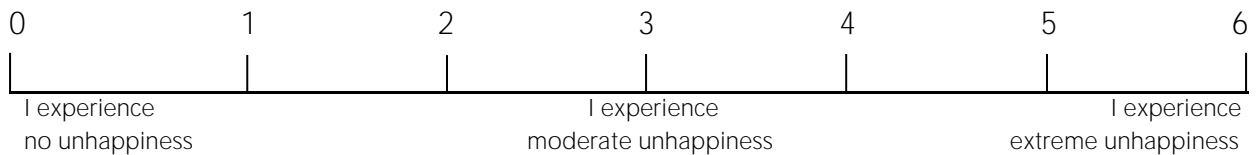
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3. **Annoying Behavior.** The two basic types of annoying behavior are habits and activities. Habits are repeated without much thought, such as the way your spouse eats or sits in a chair. Activities are usually scheduled and require thought to complete, such as attending sporting events or engaging in a personal exercise program. Habits and activities are “annoying behavior” if they cause you to feel unhappy. They can be as innocent as snoring or as destructive as infidelity or alcohol addiction.

**A. Annoying Behavior as a Cause of Unhappiness:** Indicate how often your spouse tends to engage in annoying behavior.



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

\_\_\_\_\_ (write number) occurrences of annoying behavior each day / week / month year (circle one)

**C. Form(s) Annoying Behavior Takes:** When your spouse engages in annoying behavior toward you, what does he or she typically do? \_\_\_\_\_

\_\_\_\_\_

**D. Form of Annoying Behavior That Causes the Greatest Unhappiness:** Which of the above forms of annoying behavior causes you the greatest unhappiness? \_\_\_\_\_

\_\_\_\_\_

**E. Onset of Annoying Behavior:** When did your spouse first engage in annoying behavior? \_\_\_\_\_

\_\_\_\_\_

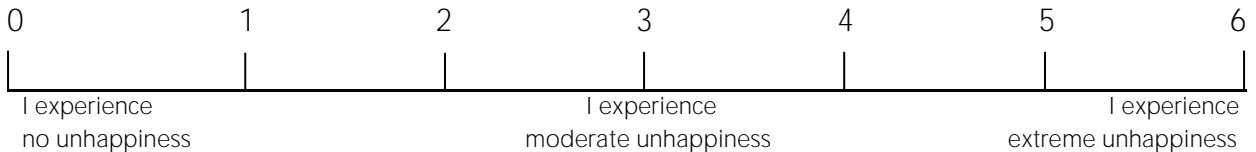
**F. Development of Annoying Behavior:** Has your spouse’s annoying behavior increased or decreased in intensity and/or frequency since it first began? How do recent annoying behavior compare to that of the past? \_\_\_\_\_

\_\_\_\_\_



4. **Selfish Demands.** Attempts by your spouse to force you to do something for him or 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 engages in disrespectful judgments.



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

\_\_\_\_\_ (write number) disrespectful judgments each day / week / month / year  
(circle one)

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

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

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

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

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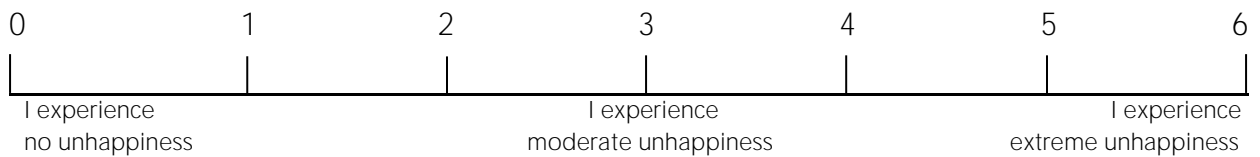
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**5. Dishonesty.** Failure of your spouse to reveal his or her thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future. Dishonesty is not only providing false information about any of the above topics,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

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



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

\_\_\_\_\_ (write number) instances of dishonesty each day / week / month / year  
(circle one)

**C. Form(s) Dishonesty Take:** When your spouse is dishonest with you, what does he or she typically do? \_\_\_\_\_

\_\_\_\_\_

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

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

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**F. Development of Dishonesty:** Have 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? \_\_\_\_\_

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\_\_\_\_\_



## Rating Love Busters

The five 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 5 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 five.

- \_\_\_\_\_ Angry Outbursts
- \_\_\_\_\_ Disrespectful Judgments
- \_\_\_\_\_ Annoying Behavior
- \_\_\_\_\_ Selfish Demands
- \_\_\_\_\_ Dishonesty
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_