



## Overview

"Love Sense: The Revolutionary New Science of Romantic Relationships" by Dr. Sue Johnson offers a groundbreaking perspective on love and attachment in romantic partnerships. Drawing from attachment theory and recent findings in neuroscience, Johnson argues that emotional responsiveness and secure attachment are crucial for maintaining strong, lasting bonds between partners. She presents romantic love as an attachment bond similar to that between a parent and child, rather than merely a set of behaviors or fleeting emotions. Throughout the book, Johnson explores how our brains are wired for close connections and how secure attachments can positively affect our neural pathways.

The author delves into common patterns of relationship distress, linking them to attachment needs and fears. She introduces the principles of Emotionally Focused Therapy (EFT), a method she developed to heal and strengthen relationships. "Love Sense" provides practical strategies for couples to improve their emotional connection and create more secure attachments, while also discussing how modern society often undervalues the importance of emotional bonds. Johnson maintains an optimistic view that with understanding and effort, couples can create and maintain loving, lasting relationships.

Throughout the book, Johnson supports her ideas with scientific research, making it both accessible to general readers and credible to professionals. "Love Sense" aims to help readers understand the science behind love and attachment, offering a new perspective on how to create and maintain strong, emotionally fulfilling relationships. It has been influential in shaping modern approaches to couples therapy and is widely regarded in the field of relationship psychology.



## **Blog**

### **The Science of Love: Unveiling the Secrets to Lasting Relationships**

In a world where nearly half of all marriages end in divorce, many of us wonder: what's the secret to a lasting, fulfilling relationship? Dr. Sue Johnson's groundbreaking book "Love Sense" offers some compelling answers, backed by cutting-edge research in neuroscience and psychology.

At the heart of Johnson's approach is a simple yet profound idea: love is an attachment bond. Just as children need secure attachments to their caregivers, adults need emotional connections with their partners to thrive. This isn't just feel-good pop psychology – it's backed by hard science.

Brain scans show that the pain of rejection in romantic relationships activates the same areas as physical pain. On the flip side, a loving touch from a partner can actually reduce physical pain and lower blood pressure. Our need for connection isn't a weakness – it's hardwired into our biology.

So why do so many relationships struggle? Johnson identifies a key culprit: a cycle of criticism, defensiveness, and emotional withdrawal that she calls the "demon dialogues." These patterns erode the emotional bond between partners, leaving both feeling isolated and unloved.

The good news? These cycles can be broken. Through her Emotionally Focused Therapy (EFT), Johnson has helped countless couples rebuild their connection. The key is learning to be emotionally responsive to your partner's needs and fears.

This might sound simple, but it requires vulnerability and courage. It means being willing to express your deepest emotions and needs to your partner, and being open to hearing theirs in return. It's about creating a safe haven where both partners feel secure enough to be their authentic selves.

Johnson's work challenges the popular notion that independence is the key to a healthy relationship. Instead, she argues that interdependence – the ability to lean on each other while maintaining a sense of self – is the hallmark of truly strong couples.

In a culture that often trivializes romantic love or reduces it to mere physical attraction, "Love Sense" offers a refreshing and hopeful perspective. It reminds us that our need for emotional connection is not only normal but essential for our wellbeing. By understanding the science of



attachment and practicing emotional responsiveness, we can create relationships that not only survive but thrive.

So the next time you're tempted to brush off your partner's bid for connection or retreat into emotional isolation, remember: love isn't just a feeling. It's a basic human need and a powerful force for healing and growth. By nurturing our bonds, we don't just build stronger relationships – we build stronger, happier selves.



## Handout

# Building Stronger Bonds: Insights from "Love Sense"

## Understanding Attachment in Adult Relationships

### 1. Love as an Attachment Bond

- Romantic love is similar to the bond between a parent and child
- Emotional connection is crucial for relationship satisfaction

### 2. The Science of Love

- Our brains are wired for close connections
- Secure attachments positively affect our neural pathways

## Recognizing Relationship Patterns

### 3. Identifying "Demon Dialogues"

- Criticism
- Defensiveness
- Emotional withdrawal

### 4. Understanding Your Attachment Style

- Secure
- Anxious
- Avoidant

## Strengthening Your Emotional Connection

### 5. Practice Emotional Responsiveness

- Be attentive to your partner's emotional cues



- Respond with empathy and understanding

**6. Create a Safe Haven**

- Foster an environment where both partners feel secure
- Encourage open and honest communication

**7. Express Needs and Fears**

- Share your deepest emotions with your partner
- Listen actively when your partner shares with you

## **Practical Exercises**

**8. Daily Check-ins**

- Set aside time each day to connect emotionally
- Share highlights, lowlights, and needs

**9. "Reach and Respond" Practice**

- Partner A: Express a need or fear
- Partner B: Respond with empathy and support
- Switch roles and repeat

**10. Repairing Ruptures**

- Recognize when you've disconnected
- Take initiative to reconnect and repair

## **Remember**

- Independence isn't the goal; aim for healthy interdependence
- Your need for emotional connection is normal and essential
- With understanding and effort, you can create a lasting, loving relationship

*Based on "Love Sense: The Revolutionary New Science of Romantic Relationships" by Dr. Sue Johnson*



## Assessment

# Love Sense Relationship Assessment

Based on Dr. Sue Johnson's "Love Sense"

## Instructions

Rate each statement on a scale of 1 to 5: 1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

Both partners should complete the assessment independently, then discuss your results together.

## Part 1: Emotional Responsiveness

1. I feel comfortable expressing my emotions to my partner. \_\_\_\_ Partner A \_\_\_\_ Partner B
2. When I express a need, my partner responds supportively. \_\_\_\_ Partner A \_\_\_\_ Partner B
3. I can easily tell when my partner is upset or stressed. \_\_\_\_ Partner A \_\_\_\_ Partner B
4. We discuss our feelings openly and honestly. \_\_\_\_ Partner A \_\_\_\_ Partner B
5. I feel emotionally safe in our relationship. \_\_\_\_ Partner A \_\_\_\_ Partner B

## Part 2: Attachment Styles

6. I worry that my partner might leave me. \_\_\_\_ Partner A \_\_\_\_ Partner B
7. I sometimes feel that my partner is too clingy. \_\_\_\_ Partner A \_\_\_\_ Partner B
8. I'm comfortable depending on my partner when I need to. \_\_\_\_ Partner A \_\_\_\_ Partner B
9. I find it difficult to trust my partner completely. \_\_\_\_ Partner A \_\_\_\_ Partner B
10. I'm comfortable with emotional intimacy in our relationship. \_\_\_\_ Partner A \_\_\_\_ Partner B

## Part 3: Conflict Resolution

11. During arguments, we tend to criticize each other's character. \_\_\_\_ Partner A \_\_\_\_ Partner B
12. We're able to repair our relationship after conflicts. \_\_\_\_ Partner A \_\_\_\_ Partner B
13. I often feel defensive when my partner brings up issues. \_\_\_\_ Partner A \_\_\_\_ Partner B
14. We're good at finding compromises that work for both of us. \_\_\_\_ Partner A \_\_\_\_ Partner B



15. After an argument, we tend to withdraw from each other. \_\_\_\_ Partner A \_\_\_\_ Partner B

## Part 4: Emotional Connection

16. We regularly make time for emotional check-ins with each other. \_\_\_\_ Partner A \_\_\_\_ Partner B

17. I feel that my partner truly understands me. \_\_\_\_ Partner A \_\_\_\_ Partner B

18. We support each other's personal growth and goals. \_\_\_\_ Partner A \_\_\_\_ Partner B

19. I feel a strong sense of "us" in our relationship. \_\_\_\_ Partner A \_\_\_\_ Partner B

20. Our relationship is a source of comfort and security for me. \_\_\_\_ Partner A \_\_\_\_ Partner B

## Scoring and Interpretation

For each part, add up your scores:

Part 1 (Emotional Responsiveness): \_\_\_\_

Part 2 (Attachment Styles): \_\_\_\_ (Reverse score for questions 6, 7, and 9)

Part 3 (Conflict Resolution): \_\_\_\_ (Reverse score for questions 11, 13, and 15)

Part 4 (Emotional Connection): \_\_\_\_

20-25: Strong in this area 15-19: Generally positive, with room for improvement 10-14: This area needs attention 5-9: This is a significant challenge in your relationship

## Discussion Questions

1. What areas of strength did you identify in your relationship?
2. Where did you see the biggest differences in your perceptions?
3. What areas would you like to improve in your relationship?
4. How can you support each other in making these improvements?

Remember, this assessment is a starting point for discussion and growth, not a definitive evaluation of your relationship. Consider seeking the guidance of a professional therapist trained in Emotionally Focused Therapy (EFT) for more in-depth support.



# Love Sense: 7-Day Couples Challenge

Based on Dr. Sue Johnson's "Love Sense"

## Introduction

This 7-day challenge is designed to help you and your partner strengthen your emotional bond and improve your relationship. Each day focuses on a different aspect of building a secure attachment and emotional connection.

## Guidelines

- Set aside 15-30 minutes each day for the challenge.
- Approach each activity with an open mind and heart.
- Be patient and supportive with each other.
- Remember, the goal is to connect, not to be perfect.

## Day 1: Emotional Check-In

**Activity:** Have a daily "temperature reading" of your relationship.

1. Share your current emotional state using the A.R.E. questions:
  - Are you Accessible to me right now?
  - Are you Responsive to my needs?
  - Are you Emotionally engaged with me?
2. Discuss any concerns or appreciations.
3. Share one thing you're looking forward to doing together.

## Day 2: Expressing Needs

**Activity:** Practice expressing and responding to needs.





1. Each partner writes down three needs they have in the relationship.
2. Take turns sharing one need at a time.
3. The listening partner responds with empathy and understanding, without trying to fix or solve.
4. Discuss how it feels to express and have your needs heard.

## **Day 3: Physical Connection**

**Activity:** Enhance your physical bond.

1. Spend 5 minutes hugging or holding hands while maintaining eye contact.
2. Share three things you appreciate about your partner's physical presence.
3. Discuss how physical touch affects your emotional connection.

## **Day 4: Love Languages**

**Activity:** Explore each other's love languages.

1. Take an online love language quiz if you haven't before.
2. Share your top two love languages with each other.
3. Plan one action for tomorrow that speaks to your partner's primary love language.
4. Reflect on how understanding love languages can improve your connection.

## **Day 5: Conflict Resolution**

**Activity:** Practice healthy conflict resolution.

1. Identify a minor, unresolved issue in your relationship.
2. Use the "Reach and Respond" method:
  - Partner A expresses their feelings about the issue without blame.
  - Partner B listens and reflects back what they heard.
  - Switch roles and repeat.
3. Together, brainstorm possible solutions that work for both of you.

## **Day 6: Shared Dreams**

**Activity:** Connect over your shared future.



1. Individually, write down three goals or dreams you have for your relationship.
2. Share your dreams with each other.
3. Choose one shared goal and create a simple action plan to work towards it.
4. Discuss how supporting each other's dreams strengthens your bond.

## **Day 7: Gratitude and Appreciation**

**Activity:** Cultivate gratitude in your relationship.

1. Write a letter of appreciation to your partner, focusing on:
  - Specific qualities you admire
  - Moments when they've supported you
  - How they've positively impacted your life
2. Read your letters aloud to each other.
3. Discuss how expressing and receiving appreciation affects your connection.

## **Conclusion**

Congratulations on completing the 7-day challenge! Reflect on your experience:

- What did you learn about yourself and your partner?
- Which activities had the most impact?
- How can you incorporate these practices into your daily life?

Remember, building a strong, emotionally connected relationship is an ongoing process. Consider revisiting these activities regularly to maintain and strengthen your bond.



## Description

This comprehensive "Love Sense" bundle is designed to help couples understand and apply the groundbreaking principles from Dr. Sue Johnson's book "Love Sense: The Revolutionary New Science of Romantic Relationships." The bundle includes five key components, each offering a unique way to engage with and benefit from the book's insights:

1. **Book Overview:** A concise summary of "Love Sense," highlighting its main themes and key takeaways. This overview introduces readers to Dr. Johnson's perspective on love as an attachment bond and the science behind lasting relationships.
2. **Blog Post:** An engaging article that explores the core concepts of "Love Sense," making the book's ideas accessible and relatable to a wide audience. The blog post offers practical insights and encourages readers to think deeply about their own relationships.
3. **Couples Handout:** A practical, easy-to-reference guide that distills the book's main ideas into actionable steps. This handout covers topics such as understanding attachment styles, recognizing relationship patterns, and strengthening emotional connections, complete with exercises for couples to try together.
4. **Couples Assessment:** A detailed questionnaire that helps partners evaluate their relationship dynamics based on the principles outlined in "Love Sense." This assessment covers areas such as emotional responsiveness, attachment styles, conflict resolution, and emotional connection, providing couples with a clear picture of their relationship's strengths and areas for growth.
5. **7-Day Couples Challenge:** An engaging week-long program that guides couples through daily activities designed to strengthen their bond using the concepts from "Love Sense." Each day focuses on a different aspect of building a secure attachment and emotional connection, with practical exercises to help couples apply the book's principles in their daily lives.

This bundle offers a multi-faceted approach to understanding and improving relationships, making the valuable insights from "Love Sense" accessible and applicable for couples at any stage of their journey together. Whether you're looking to deepen your understanding of the science of love, assess your current relationship dynamics, or actively work on strengthening your bond, this bundle provides the tools and knowledge to help you create a more secure, satisfying, and lasting relationship.