



# LOVE BUSTERS

*Willard Harley has written eloquently about “love busters.” A love buster is a habit that makes it likely that a spouse will be unhappy and lose love for the partner. Love busters are found in five categories:*

1. Angry outbursts
2. Disrespectful judgments
3. Annoying behavior
4. Selfish demands
5. Dishonesty

Make and keep 3 resolutions regarding reducing love-busters in your relationship.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# LOVE LANGUAGES

*Gary Chapman’s The Five Love Languages: How to Express Heartfelt Commitment to Your Mate discussed five different languages that people use to express love*

1. Acts of Service
2. Physical Touch
3. Words of Affirmation
4. Quality Time
5. Receiving Gifts

What are your primary love languages:

\_\_\_\_\_ and \_\_\_\_\_

What are your spouse’s primary love languages:

\_\_\_\_\_ and \_\_\_\_\_

Commit to do one act that speaks their language this week. Do not tell them; you will report this to the therapist in session next week.

