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.

   0 1 2 3 4 5 6
   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 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?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

   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.

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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 or she 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?

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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.

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**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.

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   **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?

   ______________________________________________________

   ______________________________________________________

   ______________________________________________________

   **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?

   ______________________________________________________

   ______________________________________________________

   ______________________________________________________
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.

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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 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?

_______________________________________________________

_______________________________________________________

_______________________________________________________

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

_______________________________________________________

_______________________________________________________

_______________________________________________________

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?

_______________________________________________________

_______________________________________________________

_______________________________________________________
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

_____ ____________________
_____ ____________________