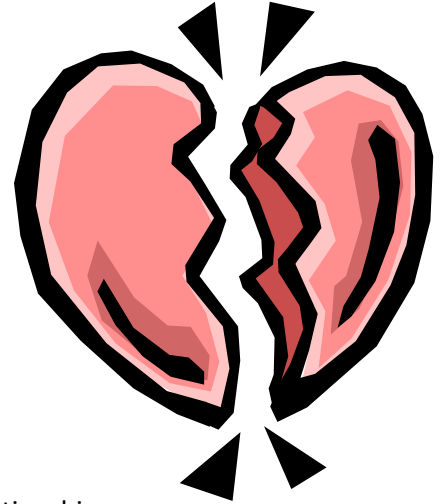


# Dr. D'Arienzo, Psychologist and Relationship Expert Couples Therapy and Marriage Counseling

## 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.