

# Love and Respect

"Men and women can look at precisely the same situation and see life much differently...Not only do men and women see differently, but they also hear differently" (Dr. Emerson Eggerichs).

After carefully reading each statement, rate each on a scale of 1-5  
1=never, 2=seldom, 3=sometimes, 4=often, 5=always

## I feel loved when you...

- \_\_\_ Hold my hand
- \_\_\_ Hug me
- \_\_\_ Buy me a gift (without a special occasion)
- \_\_\_ Do something thoughtful for me
- \_\_\_ Spend time alone with me without distractions
- \_\_\_ Go above and beyond to meet my needs or wants
- \_\_\_ Anticipate my desires without me having to tell you
- \_\_\_ Are affectionate without sexual intentions
- \_\_\_ Initiate sexual intimacy periodically
- \_\_\_ Respond more often when I initiate sexual intimacy
- \_\_\_ Let me acknowledge my sexual desires or temptations without shaming me or being angry
  
- \_\_\_ Tell me about your day and challenges
- \_\_\_ Ask me about my day
  
- \_\_\_ Listen to me without offering a solution
- \_\_\_ Practice active listening skills—so I know you're hearing me
- \_\_\_ Talk without harshness or guardedness
  
- \_\_\_ Admit you are wrong and apologize (without a "but...")
- \_\_\_ Value my opinion in the gray areas; not wrong, just different from your
- \_\_\_ Keep the relationship up to date and resolve the unresolved
  
- \_\_\_ Don't look at others in lust
  
- \_\_\_ Know what's on my mind without having to say it (feel connected)
- \_\_\_ Talk about our future together
- \_\_\_ Do not bring up the "D" word (divorce)

## Resources:

Dr. Emerson Eggerichs~Love & Respect Ministries~[www.loveandrespect.com](http://www.loveandrespect.com)

Dr. Gary Chapman~The 5 Love Languages~[www.garychapman.org](http://www.garychapman.org)

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"The object of love is not getting something you want but doing something for the well-being of the one you love. It is a fact, however, that when we receive affirming words we are far more likely to be motivated to reciprocate and do something our spouse desires" (Dr. Gary Chapman).

After carefully reading each statement, rate each on a scale of 1-5  
1=never, 2=seldom, 3=sometimes, 4=often, 5=always

## I feel respected when you...

- \_\_\_ Tell me "thanks" for going to work everyday for the family
- \_\_\_ Cheer my successes in my business/work
- \_\_\_ Ask me to talk about my dreams
  
- \_\_\_ Tell me you appreciate my contribution to the family
- \_\_\_ Praise my commitment to provide for you and the family financially
  
- \_\_\_ Tell me you admire my strength
- \_\_\_ Praise my good decisions
- \_\_\_ Honor me in front of the kids and others (differ with me in private)
- \_\_\_ Speak highly of me to others
  
- \_\_\_ Thank me for my advice and knowledge
- \_\_\_ Trust me to make independent decisions for the family
- \_\_\_ Let me fix things and applaud my solution orientation
- \_\_\_ Have confidence in my abilities
  
- \_\_\_ Tell me you like me
- \_\_\_ Do recreational activities with me or watch me do them
- \_\_\_ Encourage alone time for me; this energizes me to re-connect with you later