



# **GE2223**

# **Interpersonal Skills**

## **and**

# **Positive Personal**

## **Development**

## **Sessions 8**

## **Intimate relationship**

# Concepts to Learn

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- **Authentic Love** /Components of Love
- Mate selection
- The Stimulus-Value-Role Exchange Principle
- Relationship beliefs and values  
(i.e., beliefs and values about love)
- **Style of Love**
- Triangular Theory of Love
- **Five Love Languages**
- **Coping with ending a long-term relationship**

# Activity

- Choose 5 of the below items which are important to you regarding love. Then find as many as possible people in the classroom who share at least 3 common items with you.

You desire your lover to (be)...

Love you	Care about you	See you as No.1	Admire you
Physically attractive	Honest	Popular with others	Humorous
Dependable	Act maturely	Kind	Independent
Have similar interests	Think in similar ways as you do	Hold the same religious beliefs	Have similar values
Is considerate	In good physical health	Educated	Not too poor
Approved by my parents / friends	Love children	Does not smoke	Willing to share housework

What do you learn from this activity?

# Choosing a Mate

Below are a number of specific qualities that some people think are important to consider in picking a mate. Check how important they are to you.

- Loves you
- Is popular with others
- Honest
- Is physically attractive
- Has same religious beliefs
- Respects your parents
- Acts own age; not childish
- Does not smoke
- Is dependable
- Willing to share the housework
- Good personality
- Has similar interest
- Is in good physical health
- Is about same intelligence as I
- Has about same amount of schooling
- Has ideals similar to mine
- Is considerate of me and others
- Has pleasant disposition, sense of humor
- Is better than average wage earner and/or housekeeper
- Is approved by my parents
- Mixes well in social situations
- Desires children
- Is close to my age
- Belongs to my race or ethnic group

# Rules of dating

The following rules are endorsed as the most important ones to apply to the partner in the dating relationship.

- Address the other by first name.
- Respect the other's privacy.
- Show mutual trust.
- Be punctual.
- Look the other person in the eye during conversation.
- Don't criticise each other in public.
- Stand up for the other person in his/her absence.
- Keep confidence.
- Show interest in each other's daily activities.
- Be faithful to one other.
- Share news of success.
- Give birthday cards and presents.
- Be tolerant of each other's friends.
- Repay debts, favours & compliments.
- Touch the other person intentionally.
- Surprise each other with gifts.
- Boys should initiate a date.

# Mate Selection Process

According to The Stimulus- Value-Role Exchange Principle:

## Stimulus Stage

Being attracted to each other physically and psychologically



## Value Stage

Evaluating compatibility of values



## Role Stage

Checking how values are expressed in role behaviors

*This is where conflicts start to emerge*

# The Stimulus- Value- Role Exchange Principle

- Most couples pass through three stages before the marriage- **the stimulus, value, and role stages.**

## Stimulus Stage

- According to this exchange principle, the couple is first attracted to each other by their **physical attractiveness and social qualities**. This is the stimulus stage. If each partner feels that the balance sheet is about **equal concerning such qualities as good looks, attractive personality, and social skills**, they are more likely to be pleased with the relationship and want to continue it.
- If that balance sheet is very uneven, the relationship is likely to be terminated.

# The Stimulus- Value- Role Exchange Principle

## Value Stage

- If the couples are evenly matched in the stimulus stage, they may proceed into the value stage and **test the compatibility of their values**.
- The more similar and mutually pleasing their values are, the stronger their attraction becomes.

# The Stimulus- Value- Role Exchange Principle

## Role Stage

- If the exchange in the value stage is very positive and fairly equal, the couple may move into the role stage.
- The couple at this stage can **see how the values are expressed in role behavior and real life situations. They observe how optimistic, dependable, or selfish each one is.**
- If the balance sheet of mutual benefit at this stage is positive and approximately equal, the couple may choose to **enter into marriage.**

# Mate Selection Process

According to The Stimulus- Value-Role Exchange Principle:

Logically speaking if there is value conflict you have several options:

1. Change your values
2. Change your lover's values
3. Change your lover

Is it possible to change your values? How?

**Value Stage**  
Evaluating compatibility of values

A fourth option is to keep your values but adjust your behaviors

What is your choice?

# Poor Mate Selection

## Omitting stages in the mate selection process

- Their attraction for each other is so strong that they do not go through the other stages. This may lead to marriage early in the relationship **without developing enough mutual understanding** of the ways in which they are compatible, and result in discovering after the wedding that they have different ideas and tastes.

## Lack of emphasis upon being the right partner

- The desire to find a mate who is right for ourselves may mask the importance of choosing one for whom we will be the right partner.
- These questions should be considered: can you put yourself in your partner's place and see things from his or her point of view? Do you make this person feel good about himself or herself? [Remember to be other-oriented!]

# Poor Mate Selection

## Playing a false role and camouflaging needs

- One frequent difficulty in mate selection is the attempt to **camouflage real needs while dating**. People put on fronts and assume roles that **do not reveal their real feelings**. [**Putting on a mask!** **Pretending/acting/impressing, not revealing/being!**]
- For example, two persons **act self-confidently and strongly on the outside but feel uncertain, helpless and frightened on the inside** may **think that the other is a strong person who can take care of him/her**.
- After marriage, each finds the other is not the strong person for which he or she hopes. **Frustration, disappointment, and anger are bound to result.**

# Wise Mate Selection

## 1. Know yourself

- What are your most important needs?
- Do you need lots of attention and want others to admire you?
- What type of person do you seem most compatible with?  
Why?
- Why do you wish to marry?
- What do you expect of your spouse and of yourself?

## 2. Know the prospective marriage partner

- What kind of person is your prospective partner?
- What are his/her major values?
- Are those values compatible with yours?
- Do you feel comfortable together?

# **Wise Mate Selection**

## **3. Consider the effects of the relationship**

- Does the relationship bring out the best in both of you?
- Can you promote each other's welfare and happiness in the future?
- What will the relationship be like 10 years from now?

## **4. Examine the compatibility**

- Are your needs, personalities, attitudes, experience, etc. similar or complementary, or both?
- If incompatibilities exist, are they ones that you can accept and live with?

# Wise Mate Selection

## 5. Consider the psychological comfortableness factor

- Do you feel at ease with your prospective mate?
- Can you be yourself and act naturally around him/her or do you feel you must maintain a certain image?
- Do you feel free to confide in each other?
- Do you trust each other?
- Do you feel confident that your prospective partner is committed to you?

# Scenario

After 1 year of dating with your lover, you see a larger and larger discrepancy between you. Argument is getting frequent. You believe you have done your best, and you try hard to be understanding, but your lover doesn't seem to appreciate much. You treasure this relationship, and yet you hate having to argue all the time. You are really exhausted by such struggle.

# Role-Play

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Today, your lover is starting an argument again. Apply the skills of perspective taking and empathy to role-play the argument.  
(Additional information on next slide)

*Role-play the scenario according to your teacher's instructions.*

# Boyfriend's Perspective

Your girlfriend has been demanding attention from you endlessly. She keeps calling, checking what you are doing, telling you to do this and do that. You tolerate it because you love her, and you tried to let her understand you need private time, but it does not improve anything. Today, you just tell her you have a big project to do and therefore you will not see her until the next weekend, she bursts into rage and blame you for being cold to her...

# Girlfriend's Perspective

Your boyfriend has been unresponsive to you. You know he is under stress, so you have tried to show care and concern about his health to relieve his stress. But he seems uninterested and is unwilling to share anything with you, and yet you tolerate it for the sake of love. To cheer him up, you beg friends of friends to get you two concert tickets and plan to go with him this weekend, but he tells you he will not see you until the next weekend...

# Self-Reflection

- What are your values about love? What are those held by your partner? How are they different?
- Do value differences always cause conflicts?
- What are your usual (perhaps automatic) reactions to conflicts? Do they help resolve conflicts?
- Do you usually understand the roots of conflicts (and hence know the problem to solve)?

# Love Attitude



## What kind of lover are you?

Administer the questionnaire:

The Love attitudes scale: Short Form

# Love Attitude

- In 1973 John Lee used the color wheel to describe his theory of love, in his book, *The Colors of Love*.
- **Primary Love Styles are Eros, Ludos and Storge**
- **Secondary Love Styles Mix the Primary Styles**
- Mixing eros with ludos creates mania, or obsessive love, that can feel like a roller-coaster ride and include bouts of jealousy and possessiveness. Mixing ludos with storge creates pragma, which is realistic and practical love, like when partners are chosen because they're "good on paper." And mixing eros with storge creates agape, which is selfless love, often experienced as spiritual love.
- **Clyde and Susan Hendrick** continued to research love styles and developed the Love Attitude Scales, a test you can take to determine your love style, and the love style of your relationship.

# **Love Attitude**

## **What kind of lover are you?**

- **1. Eros: Beauty and Sexuality**
- Has an idealized image of beauty that is unattainable in reality. It is a highly sensual style of love. Erotic lovers choose their lovers by intuition or "chemistry." They are more likely to say they fell in love at first sight than those of other love styles.
- The advantage of erotic love is the sentimentality of it. It is very relaxing to the person doing it. The disadvantage is the inevitability of the decay in attraction, and the danger of living in a fantasy world. Consequently, they often feel unfulfilled.
- **2. Ludus: Entertainment and Excitement**
- Ludic lovers are players. Love is experienced as a game, as fun.
- A ludic lover is self-controlled, always aware of the need to manage love rather than allow it to be in control. They are more interested in quantity than quality of relationships.
- Sexual fidelity is not important. They regard sex as a conquest or a sport, and they engage in relationships because they see them as a challenge.

# **Love Attitude**

## **What kind of lover are you?**

- ***3. Storge: Peaceful and Slow***

- Storgic lovers are friends first. They don't set out to find lovers but to establish a companionable relationship.
- Storgic lovers choose their mates based on homogamy, and sometimes cannot pinpoint the moment that friendship turned to love. Storgic lovers want their significant others to also be their best friends. Love is a gradual process of unfolding thoughts and feelings.
- The advantage of storgic love is the level of intimacy between the partners. The disadvantage is the lack of passion

- ***4. Pragma: Practical and Traditional***

- Pragmatic lovers think rationally and realistically about their expectations in a partner, and select them via comparison shopping or shopping-list love. They want compatibility in their partner and also concerned with social qualifications.
- Pragmatic lovers want to find value in their partners, and ultimately want to work with their partner to reach a common goal.
- The advantage of pragmatic love is practicality and realism. The disadvantage is un-demonstrativeness and lack of emotion.

# Love Attitude

## What kind of lover are you?

- **5. Mania: Elation and Depression**
- Manic lovers often have low self-esteem, and place much importance on their relationship. Manic lovers speak of their partners in possessives and superlatives, and feel they "need" their partners. They often experience extreme highs and extreme lows.
- Manic lovers will avoid committing infidelity if they fear discovery. They view marriage as ownership, and children as either competition or a substitute for their lover. Sex is a reassurance of love. Manic lovers are often anxious or insecure, and can be extremely jealous. They love intensely and worries intensely about losing the lover.
- The advantage of manic love is intensity. The disadvantages include jealousy, possessiveness, and insatiability.

# Love Attitude

## What kind of lover are you?

- **6. Agape: Compassionate and Selfless**
- Agapic love is self-sacrificing, all-encompassing love. Agapic lovers are often spiritual or religious people. Agapic lovers view their partners as blessings, and wish to take care of them. They sometimes love even people with whom they have no close ties.
- Agapic lovers will remain faithful to their partners to avoid causing them pain, and will often wait patiently for their partners after a break-up. Love is spiritual, and that they offer without concern for personal reward or gain.
- The advantage of agapic love is its generosity. A disadvantage is that it can induce feelings of guilt or incompetence in a partner. (Beebe et al., 2011:323-324; Greenberg, 2013:83-84)

# Relationship Beliefs

Relationship beliefs is what you see as the truth about relationship.

Love means being cared about.

I shall be treated as No.1 to be loved.

One shall make sacrifice for love.

Love means respect for autonomy.

If you love a person making the person happy is your responsibility.

Relationship works only with communication.

# Relationship Beliefs

**Do you mind  
confronting your beliefs?**

**Is it possible to change  
your values? How?**

Love means being cared about.

I shall be treated as No.1 to be loved.

One shall make sacrifice for love.

Love means respect for autonomy.

If you love a person making the person happy  
is your responsibility.

Relationship works only with communication.

# Authentic Love

- Love means that I am coming to **know** the person I love. I am aware of **the many facets of the other person – not just the beautiful side but also the limitations, inconsistencies, and flaws.** I have an awareness of the **other's feelings and thoughts**, and I experience something of the depth of that person. I can **penetrate masks and roles and see the other person on a deeper level.** (Corey & Corey, 2014:181)
- Love also entails **making myself known** to the other person. Meaningful **self-disclosure** is essential to establishing loving relationships, especially **revealing the deeper facets of ourselves.** (Corey & Corey, 2014:181)

# Authentic Love

- Love means that I care about the welfare of the person I love and I actively demonstrate concern for the other.
- If I care about you, I am concerned about your growth, and I hope you will become all that you can be.
- We have an interest in each other's welfare and a desire to see that the other person is fulfilled.  
(Corey & Corey, 2014:181)

# Authentic Love

- Love means having *respect for the dignity* of the person I love.
- If I love you, I can **see you as a separate person, with your own values and thoughts and feelings**, and I **do not insist that you** surrender your identity and **conform to an image of what I expect you to be for me**.
- **I am not threatened by your ability to stand alone and to be who you are.**
- I avoid treating you as an object or using you primarily to gratify my needs.
- (Corey & Corey, 2014:181)

# Authentic Love

- Love means having a **responsibility towards** the person I love but **not responsibility for** that person.
- If I love you, I am **responsive to** what you need.
- I am aware that what I am and what I do affects you; I am **concerned about your happiness and your sadness**. I have the realization that I have the capacity to hurt or neglect you. (Corey & Corey, 2014:181)
- “**True love includes a sense of responsibility and accepting the other person as he or she is, with all strengths and weaknesses.** If you like only the best things in a person, that is not love.” (Nhat Hanh, 1992:85in Corey & Corey, 2010:176)
- **Authentic love implies accepting another person’s weaknesses and bringing patience and understanding to help the person make significant life changes.** (Corey & Corey, 2014:1182)

# Authentic Love

- Love can lead to **grow** for the both the person I love and me.
- If I love you, I am growing as a result of my love for you. You encourage me to become more fully what I might be, and my love enhances your being as well.
- **We each grow as a result of caring and being cared for;**
- we each share in an enriching experience that does not detract from our being. (Corey & Corey, 2014:182)

# Authentic Love

- Love means making a **commitment** to the person I love.
- This means that the people involved have **invested in their future together** and that they are **willing to stay with each other in times of crisis and conflict**.
- Commitment entails a willingness **to stay with each other in times of pain, uncertainty, struggle, and despair**, as well as in times of calm and enjoyment.
- A major component of commitment is to **give honest feedback** to the one we love, even though it may be difficult to give and to hear. (Corey & Corey, 2014:182)

# Authentic Love

- Love means that I am **vulnerable**.
- Love involves allowing you to matter to me in spite of my fear of losing you. **You have the capacity to hurt me as much as I am capable of hurting you.**
- There are **no guarantees that our love will endure.**
- My love for you implies that I want to spend time with you and share meaningful aspects of my life with you. (Corey & Corey, 2014:182)

# Authentic Love

- Love means ***trusting the person you love***. If I love you, I trust you will accept my caring and my love and that **you will not deliberately hurt me**. I trust that **you will find me lovable** and that you want to be with me. I trust the **reciprocal** nature of our love. If we trust each other, we are willing to be **open** to each other and **can shed masks and pretenses and reveal our true selves**. (Corey & Corey, 2014:182)
- Love means ***trusting yourself***. In relationships a great deal is made of trusting the person you love, yet the ability to trust yourself is equally important. Indeed, **if your trust in yourself wavers, you may not be able to believe or trust in the love another wants to share with you**. (Corey & Corey, 2014:182)

# Authentic Love

- Love allows for *imperfection*.
- Authentic love does not imply a perfect state of happiness. (Corey & Corey, 2014:182)
- Love is *freely given*. My love for you is not contingent on whether you fulfill my expectations of you. (Corey & Corey, 2014:183)
- Authentic love does not mean “I’ll love you when you become perfect or when you become what I expect you to become.” (Corey & Corey, 2014:183)
- Authentic love is not given with strings attached. There is *unconditional* quality about love. (Corey & Corey, 2014:183)

# Authentic Love

- Love is expansive. If I love you, I encourage you to reach out and develop other relationships.
- **Only a false love cements one person to another in such a way that he or she is not given room to have other meaningful relationships.** (Corey & Corey, 2014:183)
- Love means that although I want you in my life, I am capable of functioning without you.
- If life is meaningless without you, it will put a lot of demands on you to be there for me.
- **If I love you and you leave, I will experience a great loss, but I will not be destroyed.**
- **If I am overly dependent on you for my meaning and my survival, I am not free to challenge our relationship, and this is hardly a healthy sign of love.** (Corey & Corey, 2014:183)

# Authentic Love

- Love means **identifying** with the person I love. If I love you, I can empathize with you, see the world through your eyes, and identify with you. (Corey & Corey, 2014:183)
- Love involves **seeing the potential within the person** I love. If I love you, I am able to see you as the person you can become, while still accepting who you are now. (Corey & Corey, 2014:183)
- Love means **letting go of the illusion of total control** of ourselves, others, and our environment. The more I strive for complete control, the more out of control I am. **Loving implies a surrender of control and being open to life's events.** It implies the capacity to be surprised. (Corey & Corey, 2014:183)

# Five Major Components of Love

- **Care** - We are concerned about the persons we love, wishing to promote their well-being and happiness, wanting the best for them, and wanting them to grow and develop in a positive manner.
- **Responsibility** - We behave responsibly toward those we love. We do not hurt them by acting irresponsibly. This responsibility does not come from a sense of obligation; rather, it is willing sensitivity and responsiveness to the needs of others.

# Five Major Components of Love

- **Respect** - A basic component of love is respect. Respect involves "looking at" someone closely enough to be aware of his or her needs and feelings; it communicates an interest in the other person and involves accepting him or her as a unique individual.
- **Knowledge** - We gain an awareness of the needs, values, goals, and feelings of the person we love. With this knowledge comes an understanding of the loved one. We can know people on a superficial level or we can know them more deeply. For example, you may know that your friend is irritable and moody today; on a deeper level you may know it is the result of studying for a big test, feeling a great deal of pressure, and having had too little sleep.

# Five Major Components of Love

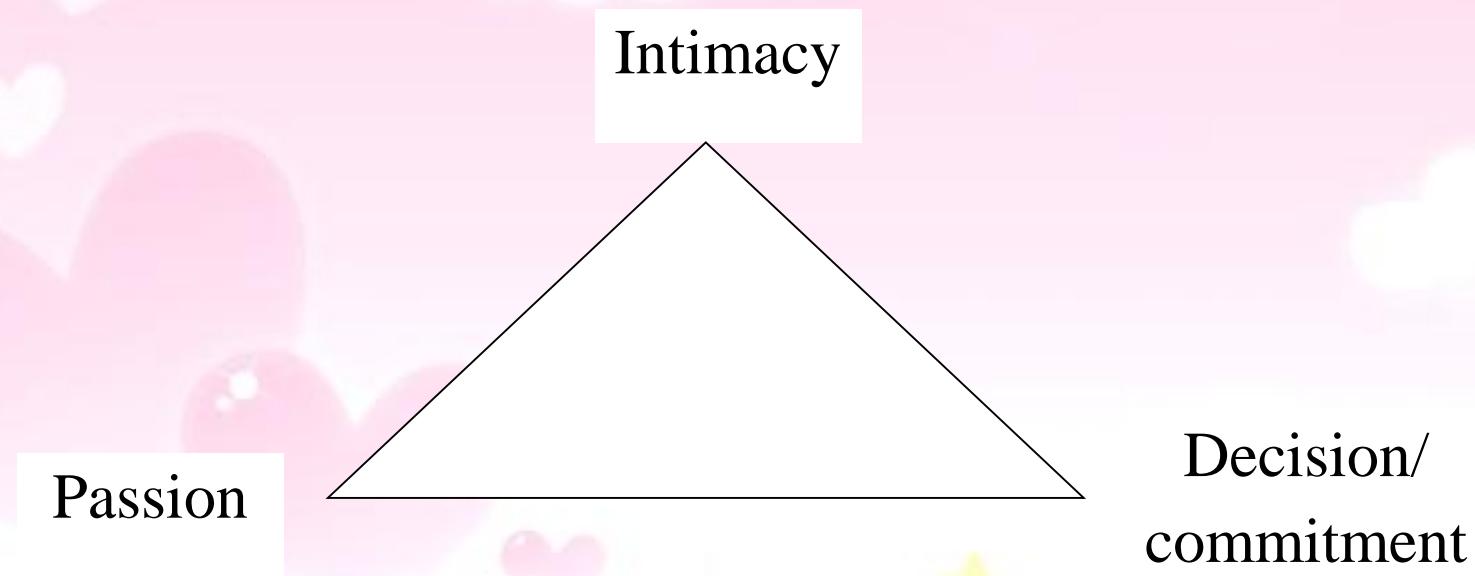
- **Commitment** - Love involves a conscious decision to be committed to the other person. To be committed means promoting the welfare, happiness and growth of the other person and is vital to the growth of trust and security in the relationship.
- \*adapted from Stinnett N., Walters J., Kaye E., (1991), Relationships in Marriage and Family (2nd ed.), U.S.A.: Macmillan Publishing company.
- Cameron, S. (2000), Playing the Love Market: Dating, Romance and Real World. London: Free Association Books.

# The Triangular Theory of Love

This theory suggests that all loving relationships can be described according to 3 dimensions: Intimacy, Passion, and Decision/Commitment (Beebe et al., 2011:322)

~ Sternberg's Theory of Love: Intimacy, Commitment, Passion

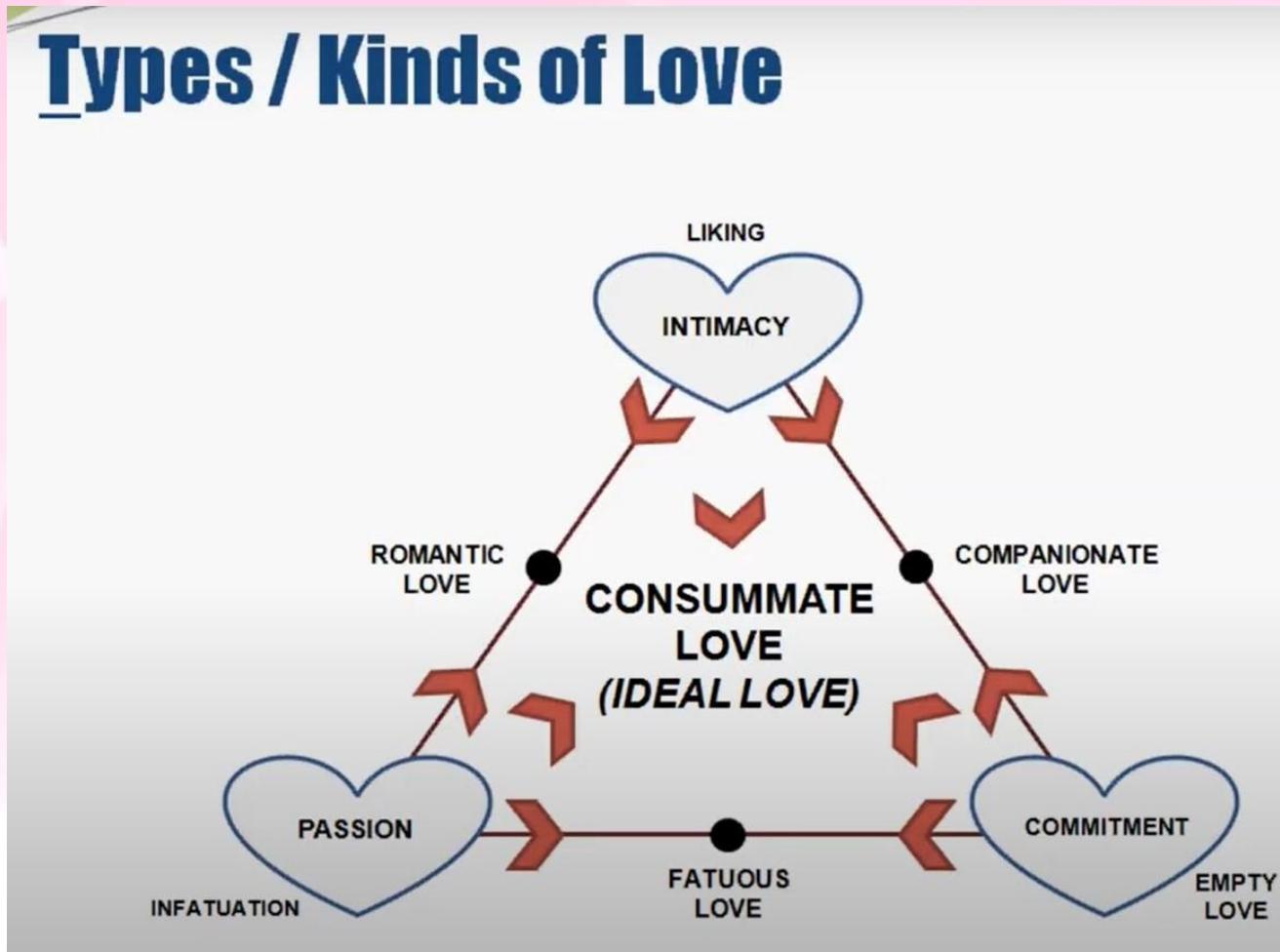
~**5 min video:** <https://www.youtube.com/watch?v=-Cxq7ZmnFLU>



# Sternberg's Triangular Theory of Love and its Types - The Simplest Explanation Ever

~11 ½-min video: <https://www.youtube.com/watch?v=Xaseysi3KZk>

If you want to learn more about Sternberg's Love theory, watch this video in class.



# **Components of Love**

## **1. Intimacy**

Intimacy refers to close, connected, and bonded feeling in loving relationship. Signs of intimacy include:-

- desiring to promote the welfare of the loved one.
- experiencing happiness with the loved ones.
- having high regard for the loved one.
- being able to count on the loved one in times of needs.
- mutual understanding with the loved one.
- sharing one's self and one's possessions with the loved one.
- receiving emotional support for the loved one.
- giving emotional support to the loved one.
- having intimate communication with the loved one.
- valuing the loved one in one's life.

# **Components of Love**

## **2. Passion**

Passion refers to the drives that lead to romance, physical attraction, sexual consummation, and the like in a relationship.

Sex may form the main part of the passion but it may also include:-

- self-esteem
- affiliation with others
- dominance over others
- submission to others
- self-actualization

# **Components of Love**

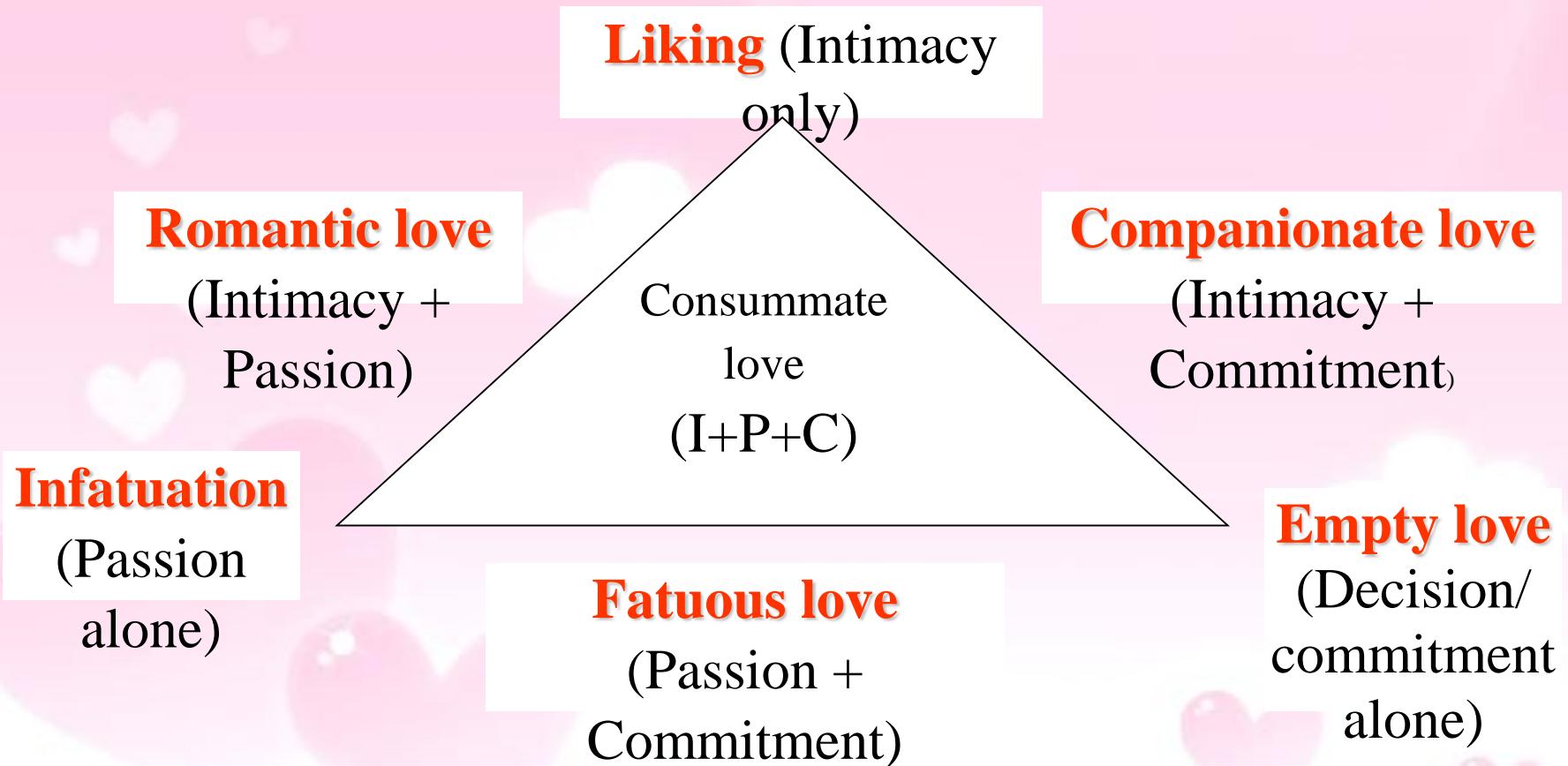
## **3. Decision/Commitment**

Short-term decision/commitment: one decides to love someone.

Long-term decision/commitment: one commits to maintain the love to someone.

- Decision will precede commitment
- Decision and commitment component of love do not necessarily go together.

# Different Combination of Love



The relative emphasis of each component changes over time as an adult romantic relationship develops.

### ***Liking***

- includes only intimacy
- characterizes true friendships,
- a warmth, and
- a closeness with another
- but not intense passion or long-term commitment

### ***Infatuated love***

- consists solely of passion
- what is felt as “love at first sight”
- without the intimacy and the commitment components of love
- infatuated love may disappear suddenly.

## *Romantic love*

- is a combination of intimacy and passion. Romantic lovers are bonded emotionally (as in liking), & physically through passionate arousal

## *Companionate love*

- consists of intimacy (friendship) and commitment
- This type of love is often found in marriages in which the passion has gone out of the relationship, but a deep affection & commitment remain.
- Companionate love is generally a personal relation you build with somebody you share your life with, but with **no sexual or physical desire**.
- It is stronger than friendship because of the extra element of commitment.
- ??? ***Platonic love***????

## *Fatuous love*

- has the passion and the commitment components
- but not the intimacy component.
- This type of love can be exemplified by a whirlwind courtship and
- marriage in which a commitment is motivated largely by passion,
- without the stabilizing influence of intimacy.

## **Consummate love**

- includes all three components –intimacy, passion and commitment.
  - is the most complete form of love,
  - it represents the ideal love relationship for which many people strive but which apparently few achieve.
- 
- **References**
  - Corey, G., & Corey, M. S. (2014). *I never knew I had a choice: explorations in personal growth* (10<sup>th</sup> edition). Australia: Brooks/Cole.
  - Sternberg, R. J. (1986) A triangular theory of love. *Psychological Review*, 93, 119-135.
  - Sternberg, R. J. (1988) *The Triangle of Love: Intimacy, Passion, Commitment*, Basic Books

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WHAT ARE  
**THE 5 LOVE  
LANGUAGES?**

▶ Watch the Video



## What Are the 5 Love Languages®?

The premise of *The 5 Love Languages*® book is quite simple: different people with different personalities give and receive love in different ways. By learning to preferences in yourself and in your loved ones, you can begin to identify the root of your conflicts, and truly begin to grow closer.



### Acts of Service

For these people, actions speak louder than words.

▶ [Watch the video](#)



### Receiving Gifts

For some people, receiving a heartfelt gift is what makes them feel most loved.

▶ [Watch the video](#)



### Quality Time

This language is all about giving the other person your undivided attention.

▶ [Watch the video](#)



### Words of Affirmation

This language uses words to affirm other people.

▶ [Watch the video](#)



### Physical Touch

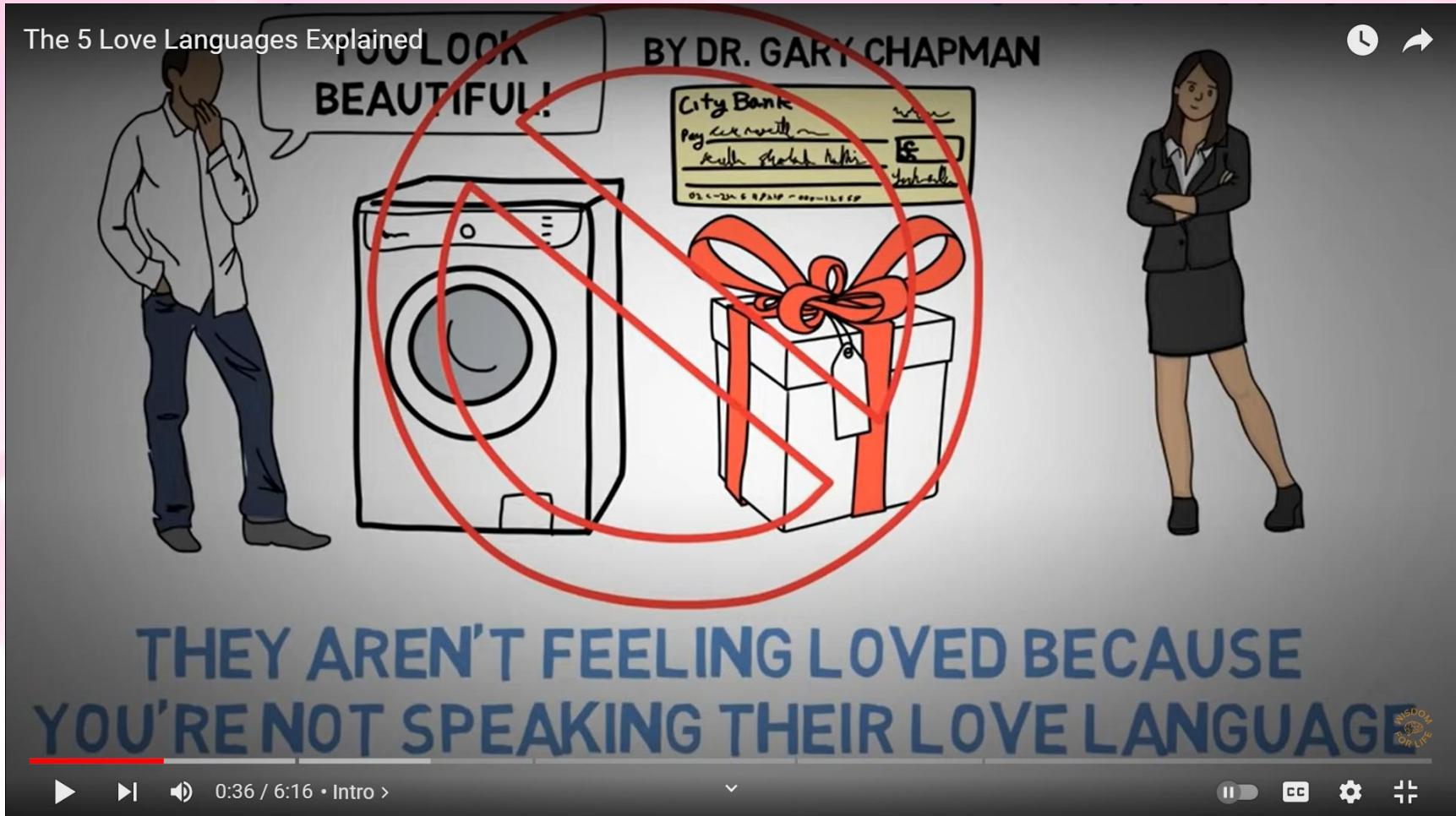
To this person, nothing speaks more deeply than appropriate physical touch.

▶ [Watch the video](#)

# The 5 Love Languages Explained

Show this video in class if time allows

~6-min video: <https://youtu.be/doRMsjoDevY>



# **The 5 Love Languages**

- 1: **Words of Affirmation:** uses words to affirm other people; negative or insulting comments cut deep — and won't be easily forgiven
- 2: **Quality Time:** giving your undivided attention
- 3: **Receiving Gifts:** a meaningful or thoughtful present makes others feel appreciated
- 4: **Acts of Service:** actions speak louder than words; Lending a helping hand shows you really care
- 5: **Physical Touch:** everyday physical connections, like hand-holding, kissing, or any type of re-affirming physical contact is greatly appreciated

**We need 4 hugs a day for survival.  
We need 8 hugs a day for  
maintenance. We need 12 hugs a day  
for growth.**

# His Needs, Her Needs

BUILDING AN AFFAIR-PROOF MARRIAGE

Willard F. Harley, Jr.



**愛的銀行**：每個人的心靈裡都有個愛的情感帳戶

**存款**：讓對方開心，覺得被欣賞，肯定或感受到愛

**提款**：讓對方痛苦，覺得被批評，被誤解或傷害

**存款豐厚**：愛能遮掩罪，使大事化小，小事化無

**債臺高築**：任何小錯都可變大罪

# Love Bank (愛的銀行)

In his book “**His Needs, Her needs: Building an Affair-Proof Marriage**,” **Dr. Willard Harley** taught the concept of the **LOVE BANK**. Usually, deposits are made bit by bit, but when a withdrawal happens, it can drain the bank or go into a negative balance.

**Love Bank:** Everyone has an emotional account of love in their hearts

**Deposit:** Make the other person happy, feel appreciated, affirmed or feel loved

**Withdrawal:** make the other person suffer, feel criticized, misunderstood or hurt

**Rich deposits:** love can cover up sin, make big things small, and make small things into nothing

**High deficit:** any small mistake can become a major sin

# How To Affair Proof Your Marriage | His Needs Her Needs Book Review [By Willard Harley]

~7-min video: <https://youtu.be/QiXBeUtmUNU>



## TOP 5 EMOTIONAL NEEDS

Women	Men
1. Affection	1. Sexual Fulfilment
2. Intimate Conversation	2. Recreation Companionship
3. Honesty & Openness	3. Physical Attractiveness
4. Financial Support	4. Domestic Support
5. Family Commitment	5. Admiration

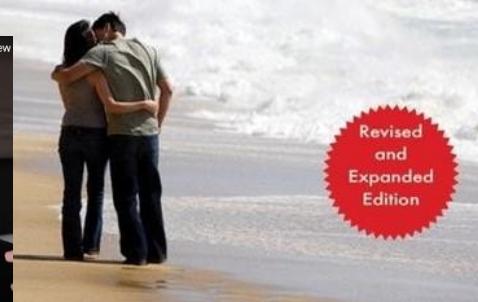
## EVERYONE HAS A LOVE BANK



## His Needs, *Her Needs*

BUILDING AN AFFAIR-PROOF MARRIAGE

Willard F. Harley, Jr.



In his book “**His Needs, Her needs: Building an Affair-Proof Marriage**,” **Dr. Willard Harley** taught the concept of the **LOVE BANK**. Usually, deposits are made bit by bit, but when a withdrawal happens, it can drain the bank or go into a negative balance.

# The Five Love Language

**Note:** You must deposit love to your own love bank before you can withdraw some to give to others → love yourself so that you can love others!

## Love Bank 愛的銀行

愛是每個人都需要，特別是家人之間的關懷。蓋瑞·考門(Gary Chapman)博士形容人與人的相處好比有一個獨立的感情戶口，感情銀行中有多愛，關係自然好，吵鬧時也有好的感情基礎，不至感情破裂，所謂感情銀行破產。他更提出五種愛言語(Five Love Languages)的表達方式，它們分別是：肯定的言語、身體的接觸、精心的時刻、服務的行動和心意禮物。透過這些方法，讓我們可以更靈活地表達和接收愛意。家庭及婚姻專家Dr. Gary Chapman把每個人在表達愛時所使用的方式分為五類：

### Words of Affirmation

#### 1. 肯定的言語

口頭的讚揚，或欣賞式的話語，乃是愛的有力溝通工具。例如：「多謝你每天辛勞工作照顧家庭。」

### Acts of Service

#### 2. 服務的行動

藉著為對方服務來表達愛意，例如：幫忙作家事、替孩子換尿布或做一餐美味的菜餚。

### Quality Time

#### 4. 精心的時刻

把注意力集中在對方身上，與對方一起作些他喜歡的事，例如：一起去散步。

### Physical Touch

#### 3. 身體的接觸

以身體的接觸表達一種愛的表示，例如：擁抱，拖手。

### Receiving Gifts

#### 5. 接受禮物

禮物的本身是心意的象徵，它是否值錢，無關緊要，重要的是你想到他，例如：自製心意咭。

<https://5lovelanguages.com/quizzes/love-language>

## The Love Language® Quiz

For couples, singles, teens, and children.

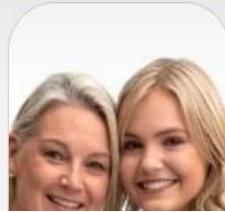
Take this quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones.

Start

You may print, share, or save your results for future reference - they will not be saved automatically.



<https://5lovelanguages.com/quizzes/love-language>



### The Love Language® Quiz

How do you describe yourself?

I am an adult.

I am a teenager.

I am taking the quiz for my child.



https://refresh.bokss.org.hk/tc/five-love-language-test

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專業諮詢

# 發掘出屬於自己的「愛的語言」

## 發掘出屬於自己的「愛的語言」

<https://refresh.bokss.org.hk/tc/five-love-language-test>



愛的語言測驗

想知道自己的愛的方式？

進行測試

感情可  
導及支

美國婚姻輔導員Gary Chapman指出，每個人表達和體驗愛的方式各不相同。若侶間缺乏共通的「愛的語言」，忽視對方的需求，感情可能逐漸冷卻。通過這份問卷，初步認清自己愛的表達方式，從而摸索出更有效表達愛和關心的方式，減少誤會，讓感情再升溫。

HK ^

開始測試



常見問題

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# Coping with ending a long-term relationship

- A breakup or loss of a friend, or significant other can lead to feelings of pain, anger, and grief. Some attitudes you can assume, and some behaviors you can choose that are likely to help you work through these feelings. Here are some suggestions for dealing effectively with the termination of a meaningful relationship:-

## 1. Allow yourself to grieve

- You will likely experience a range of feelings, including sadness, anger, guilt, loss, pain, joy over certain memorable times, and relief. Although grieving can be both overwhelming and painful, the alternative of denying your feelings will keep you from being able to move on and could cause you to have intimacy problems later. (Corey & Corey, 2014:227)

# Coping with ending a long-term relationship (Cont'd)

## 2. Give yourself time [Permit yourself to be human]

- Some say, “Time heals all wounds,” but in reality it is what you do with that time that helps you heal. However long or short, it’s important to **permit yourself to grieve** based on being true to your own self and not because others feel you should be over it by now. (Corey & Corey, 2014:228)

## 3. Express your anger [appropriately]

- Sometimes breakups leave us feeling angry and bitter. **Anger is a normal reaction**, but if unexpressed or overindulged in, anger can cause serious problems later, especially if the anger keeps you from expressing hurt. (Corey & Corey, 2014:228)

# Coping with ending a long-term relationship (Cont'd)

## 4. De-personalize your partner's actions

- Often, when one person ends a relationship, the other is left **feeling rejected** as though the failure was of his or her making. A person's decision to end a relationship with you may say more about that person than it does about you. (Corey & Corey, 2014:228)

## 5. Take responsibility for your own part in the relationship [Note: It takes two to tango]

- It may be easier to find fault in the other person, **but exploring your own behaviors can be helpful** to your healing process, **the point is not to find blame but to gain insight** into how you relate to people in both negative and positive ways. (Corey & Corey, 2014:228)

# Coping with ending a long-term relationship (Cont'd)

## 6. Find a support network

- Having people to support you can provide you with some level of stability in a time of loss and change. Seek counseling or professional help if you feel that you cannot cope with the loss on your own. (Corey & Corey, 2014:228)

## 7. Take care of other aspects of your life

- Setting aside time to grieve is important, yet after a certain amount of time, other parts of you need to be attended to. Engaging in some form of activity can help you stay connected to the aspects of your life that continue outside the relationship. (Corey & Corey, 2010:221)

# Coping with ending a long-term relationship (Cont'd)

## 8. Write in your journal

- Writing can help you release emotion even if you are not able to talk to others about how you are feeling. Later, it can be useful to read what you wrote to see how you proceeded with your pain. (Corey & Corey, 2014:228)

## 9. Make amends

- Making amends and forgiving both yourself and your partner can free you from carrying the pain and anger into future relationships. Remember, your anger can hurt and burden you more than anyone else. (Corey & Corey, 2014:228)

# Coping with ending a long-term relationship (Cont'd)

## 10. Get closure

- Coming to some type of closure is essential to moving forward. To one person it may mean **forgiveness**, and for another it may include some type of **ritual or final letter**. Closure does not mean it never happened, rather, it means you have decided to live. (Corey & Corey, 2014:228)

## 11. Love and learn

- At some point, you will find that it can be freeing to **reflect on what you have learned from the experience**. Even the most abusive or unhealthy relationship **can teach you something about yourself and the types of relationships you want to have**. (Corey & Corey, 2014:228)

# A word of caution about relationship

- We must constantly understand, build, and rebuild our loving relationships.
- **Relationships are constructions that decay over time if they are not maintained and improved.**
- We cannot expect a building to take care of itself; the same applies to our relationships.
- We must take responsibility for making our relationships the best they can be.

# Tip for cultivating relationships

- To cultivate relationships means to invest in them, to put time into them, to share, to open up.
- Movies end when love begins. It's about cultivating the relationship after the screen comes down after the sun sets; that's where the investment, that's where the return of investment comes from. (Tal Ben-Shahar)

# Being known rather than being validated

- A healthy relationship is about **expressing** ourselves rather than trying to constantly **impress**. **This is the difference between being known – express versus being validated – let me impress him/her.**
- **It's risky to open up**, to express ourselves. **What if he/she doesn't like me? What if he/she doesn't like what he/she finds out about me?**  
→ It's not guaranteed.
- Yet, if we just impress, we are guaranteed failure in long-term relationship building (Tal Ben-Shahar)

# Cultivating over Finding

- In his book, *Happier*, Tal Ben-Shahar (2007:120) says:
- Many people believe that the key to a successful relationship is finding the right partner. In fact, however, **the most important and challenging component of a happy relationship is not finding the one right person but rather cultivating the one chosen relationship.**

# Cultivating over Finding

- Tal (2007:120-121) explains:
- The erroneous belief that place **finding over cultivating can**, at least in part, **be attributed to the silver screen. Many movies are about the search for love**, the trials and tribulations that two persons go through until they find each other.  
**Toward the end of the movie, the lovers get together, kiss passionately, and then live happily ever after – or so we assume.**

# Cultivating over Finding

- Tal (2007:121) stresses:
- The problem is that **movies end where love begins**. It's the living happily ever after that poses the greatest challenge; **it's after the sun sets that difficulties often arise**.
- Tal (2007:121) further points out:
- **The mistaken notion that finding love guarantees eternal bliss leads partners to neglect the journey - the day-to-day issues, activities, and events that shape the relationship.**

# Cultivating over Finding

- Tal (2007:121) elaborates:
- **Would anyone seriously entertain the notion that once he found his dream job, the ideal workplace, he would no longer need to work hard?**
- Such an approach would inevitably lead to failure. **It is no different when it comes to relationships: the real, hard work begins after we fall in love. In the context of a relationship, the hard work is about cultivating intimacy.**

# Cultivating over Finding

- To achieve and maintain a happier relationship, Tal (2007:121) has the following advice:
- **We cultivate intimacy by knowing and being known.** We can then deepen our intimacy by acting on our knowledge of one another – engaging in activities that are meaningful and pleasurable to ourselves as well as to our partners. Over time, as we get to know one another and spend time together engaged in activities that we care about most, we build a foundation that can weather inevitable storms as well as provide fertile ground for love, and happiness, to blossom.

# **Shift the focus from validation to knowing and to being known**

- Tal quotes Schnarch (Ben-Shahar, 2007:119) and says that **to cultivate genuine intimacy, the focus in a relationship must shift from the desire to be validated – seeking approval and praise – to the desire to be known.**
- For the love and passion in a relationship to grow over time, **both partners must be willing to be known, and this means gradually disclosing their innermost selves** – their desires, fears, fantasies, and dreams – even when those do not show them in the most favorable light. (Ben-Shahar, 2007:120)

# Being known rather than being validated

- When we express ourselves, generally over time, it may not be in the short term, but people will be more attracted to us over time.
- Over time, **people who are genuine will attract other people in our friendship/romantic relationship/leadership.**
- If I impress and I do such an excellent job of it that the other person or the other group actually like me, **do they like me or do they like that image, that facade that I put on?** In other words, **it's not me that they really like. But it's pretence. It's made believe. It's not the real thing.** (Tal Ben-Shahar)

# **Being known rather than being validated**

- You will **feel much lighter** about it in your interactions with your friends/partner when it's about **being known rather than being validated.**"
- Whether it is with our romantic partner, family, friends, colleagues, or class, the foundation of the growth of intimacy and passion in long-term relationships.
- →to express ourselves **gradually over time as trust increases and reveals more and more**
- →lead to **long-lasting, positive consequences** to the relationship over time. (Tal Ben-Shahar)

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