**SESSION FIVE**

In preparation for this session, read the first two chapters in Part Two of *Love & Respect,* which covers the Energizing Cycle. Begin with Chapter Eight, "C-0-U-P-L-E" How to Spell Love to Your Wife," and Chapter Nine, "Closeness-She Wants You to Be Close." The following questions are for individual study or study by a couple.

Remember to answer all unmarked questions first, then answer questions marked by the male or female icon (whichever applies to you). Finally, answer the questions with the couple icon, if you're studying with your mate. (Suggestions for leading a small group can be found in *Workbook* Appendix I, page 201.)

This session opens your study of C-0-U-P-L-E, six important principles that will help a husband learn important aspects of loving his wife. In Love and Respect, just under the title of Chapter 8, is a brief note to wives saying the next several chapters are for "husbands only, but wives are invited to read along." Wives are also invited to study along in Sessions 5-8 of this workbook, so please do! As your husband discusses the six parts of C-0-U-P-L-E with you, he will learn more about how to love you (and you will learn how to help him do it better!).

A SPECIAL WORD FOR HUSBANDS FROM EMERSON:

Welcome to the Energizing Cycle and your study of the acronym C-O-U-P-L-E: Closeness, Openness, Understanding, Peacemaking, Loyalty, Esteem. These are the six principles you can practice to make your wife feel loved. More than that, you can use C-O-U-P-L-E as a diagnostic tool to tell when you and your wife are slipping off the Energizing Cycle and back on the Crazy Cycle. According to the Crazy Cycle, a wife acts disrespectfully when she isn't feeling loved. Her disrespect is not justified, but when it does happen you can say to yourself, "Since my wife is reacting in ways that

**Der 5. Teil**

In preparation for this session, read the first two chapters in Part Two of *Love & Respect,* which covers the Energizing Cycle. Begin with Chapter Eight, "C-0-U-P-L-E" How to Spell Love to Your Wife," and Chapter Nine, "Closeness-She Wants You to Be Close." The following questions are for individual study or study by a couple.

Remember to answer all unmarked questions first, then answer questions marked by the male or female icon (whichever applies to you). Finally, answer the questions with the couple icon, if you're studying with your mate. (Suggestions for leading a small group can be found in *Workbook* Appendix I, page 201.)

This session opens your study of C-0-U-P-L-E, six important principles that will help a husband learn important aspects of loving his wife. In Love and Respect, just under the title of Chapter 8, is a brief note to wives saying the next several chapters are for "husbands only, but wives are invited to read along." Wives are also invited to study along in Sessions 5-8 of this workbook, so please do! As your husband discusses the six parts of C-0-U-P-L-E with you, he will learn more about how to love you (and you will learn how to help him do it better!).

A SPECIAL WORD FOR HUSBANDS FROM EMERSON:

Welcome to the Energizing Cycle and your study of the acronym C-O-U-P-L-E: Closeness, Openness, Understanding, Peacemaking, Loyalty, Esteem. These are the six principles you can practice to make your wife feel loved. More than that, you can use C-O-U-P-L-E as a diagnostic tool to tell when you and your wife are slipping off the Energizing Cycle and back on the Crazy Cycle. According to the Crazy Cycle, a wife acts disrespectfully when she isn't feeling loved. Her disrespect is not justified, but when it does happen you can say to yourself, "Since my wife is reacting in ways that