



Eliminating Love Busters

Love Busters

- These are habits that destroy romantic love and other forms of relationship love
- Love busters make withdrawals from other people's love banks
- What constitutes a love buster is defined by the person who receives it, not by the person who does the love-busting behavior

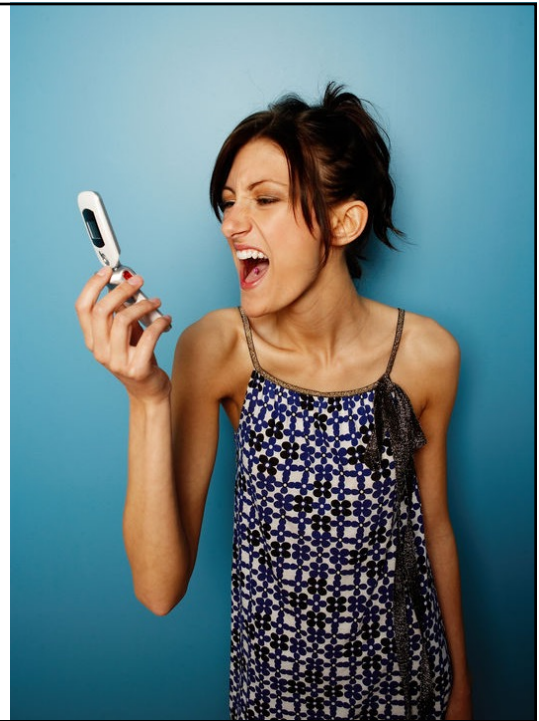


Abuse

- Some forms of love busters also qualify as abuse
- Abuse makes serious withdrawals from emotional bank accounts
- Abuse is a deliberate attempt to hurt someone and make them unhappy
- We tend to justify abusive behavior when we feel hurt

Abusive Love Busters

- **Selfish Demands**
- **Disrespectful Judgments**
- **Angry Outbursts**
- These are three escalating forms of abuse which we need to eliminate from our relationships



Selfish Demands

- A selfish demand is commanding someone to do something that benefits you, but make the other person unhappy
- There is an implied threat of punishment if the demand is refused
- When you make selfish demands you are playing the role of a dictator

Win/Win: The Simple Philosophy That Creates Healthy and Happy Relationships



WIN WIN
SOLUTION

Asking versus Demanding

Demanding

- Believing that we are “entitled” to have our needs met and that others are “obligated” to fulfill them
- Punishing others through attack or neglect when they fail to fulfill our requests
- Feeling the other person should do what we want even if it requires sacrifice on their part with no benefit for them (win/lose)

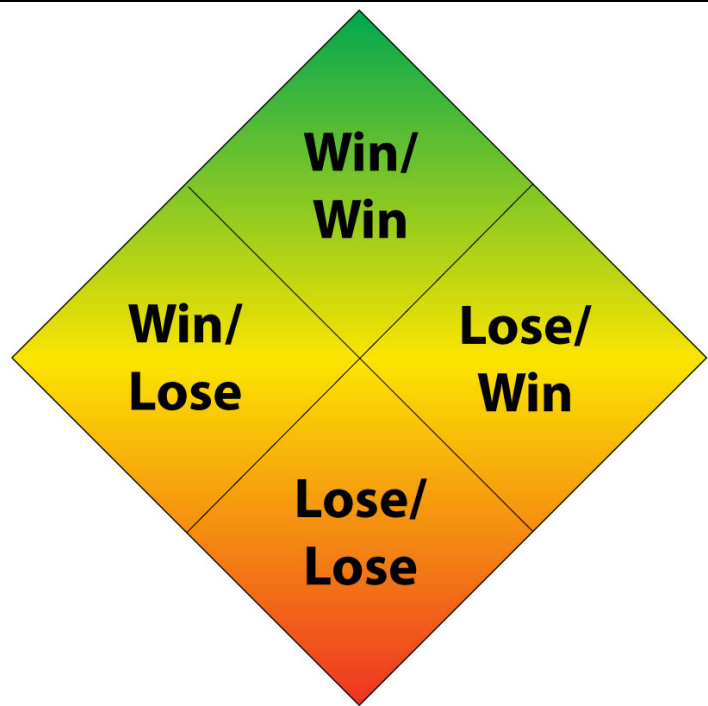
Asking

- Accepting the vulnerability that the person we ask may not fulfill our request
- Implies that the other person has the right to say “no” to our request without fear of retaliation or punishment on our part
- Being willing to understand the other person’s needs and help them understand how our request will benefit them (win/win)

The Four Possible Exchanges		You win	You lose
	I win	Win/ Win	Win/ Lose
	I lose	Lose/ Win	Lose/ Lose

Win/Win Must Be the Goal

- In relationships win/win is the only winning game
- Win/Lose and Lose/Win are unstable situations and ultimately deteriorate into Lose/Lose



Win/Win Is NOT the Same as Compromise

- Compromise is a partial win and a partial loss for both parties
- While compromise is necessary sometimes, compromises will often deteriorate into lose/lose situations as neither party is completely satisfied



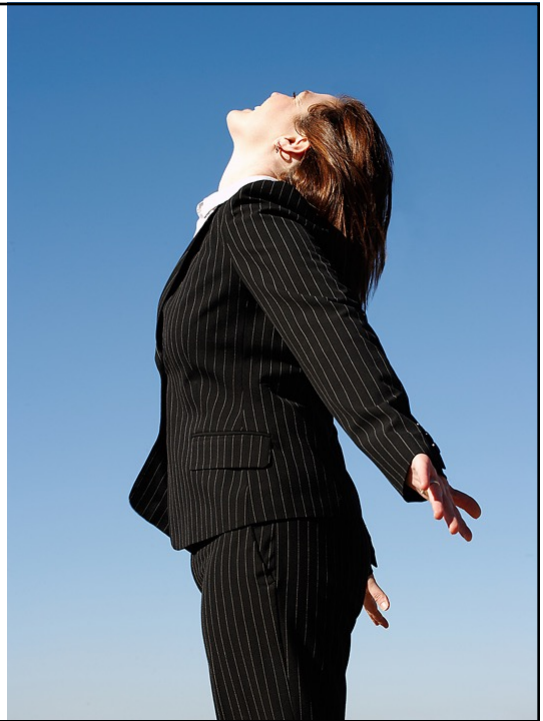
Our Hidden Expectations

- A major source of unhappiness in relationships is the expectations we put on others
- We form opinions about how people **SHOULD** behave and judge them as being “bad” if they don’t behave according to our expectations



Love and Freedom

- Real love exists only in freedom
- When you use rewards and punishments to try to control the behavior of others love is destroyed
- When you demand you are not seeking love, you are seeking power and control and nobody loves a dictator



Asking is Vulnerable

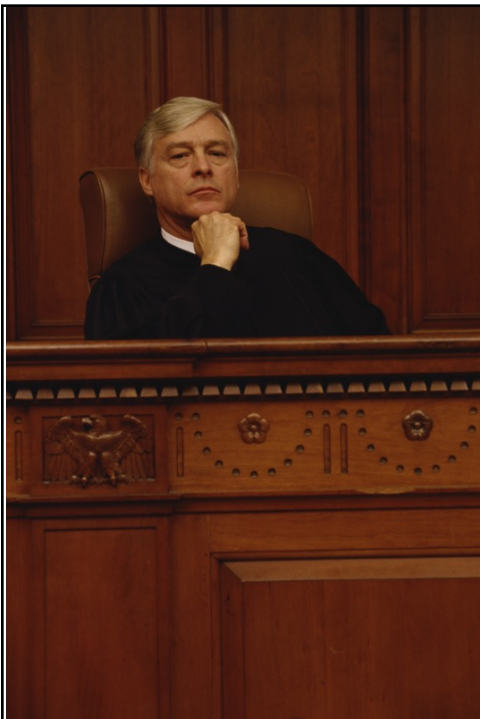
- Because hearing “no” can hurt, we feel vulnerable when we ask
- This makes demanding seem like the solution
- If we’re “owed” something then we don’t have to ask for it and feel vulnerable
- Unfortunately, you can’t demand love



Thoughtful Requests

1. Explain what you want and ask how you're the other person would feel about doing it
2. If they have a problem with it, withdraw the request in its present form
3. Ask the person if there are other ways they could help you and feel good about it

Basic rule: When you want something from someone, you should help them understand why it is in their best interests you give you what you want



Disrespectful Judgments

- Involve attempts to correct someone else's attitudes, beliefs or behavior by trying to impose your way
- This is done through criticizing, lecturing, ridiculing, belittling and threatening the other person
- When you use disrespectful judgments you are playing the role of a critic

Name Calling

- The saying, “sticks and stones will break my bones, but names will never hurt me” is false
- Using belittling names with anyone can create long term damage to their emotional wellbeing



Teasing and Ridicule

- People often disguise their belittling as humor
- But, if it makes the other person feel hurt or defensive, it wasn't funny
- Making your child, spouse or a friend the brunt of your jokes will eventually bankrupt their emotional bank account



Persuasion

1. Help the person understand what you understand and feel what you are feeling
2. When a person understands why you want something and empathizes with you on a feeling level, they will generally respond to what you ask



Respectful Persuasion

- Express why you believe that your opinion on something is correct
- Respectfully listen to and acknowledge the other person's point of view
- Explain why you feel that what you are suggesting is in the other person's best interests
- Suggest they might try testing your opinion
- If they are not persuaded, drop the subject and honor their right to make their own choices
- You should also give them the opportunity to persuade you to try their opinion



Angry Outbursts

- Expressions of anger have **NO PLACE** in a healthy, loving relationship
- Anger does not have to imply a threat of violent behavior to be abusive
- It is unwise to stay in a relationship if someone continually loses their temper, especially if this escalates

Arguments Are Power Struggles



- When we argue we are trying to make the other person lose so we can win
- It always takes two people to make an argument
- Learn to side-step the struggle for power

Which Do You Want?

- To be right?
- Or to be happy?
- Being right doesn't make you happy
- Win/Win seeks to find OUR way



The 2-Choice Dilemma

- We want to control two things in relationships
 - We want to be free to make our own choices and decisions (to be ourselves)
 - We want to have our partner understand, accept and support our choices and decisions
- To claim the first, we have to let go of the second. To have the second, we must give up some of the first.
- This is the source of conflict in all relationships
- It requires skills in communication and negotiation to resolve this 2-choice dilemma and find OUR way

The Win/Win Philosophy

- “A frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win/Win means that agreements or solutions are mutually beneficial, mutually satisfying.. all parties feel good about the decision and are committed to the plan.”
 - Stephen R. Covey



The Policy of Mutual Agreement

- “We will do nothing without the enthusiastic support of our partner”
- This binds a couple into teamwork, not into a power struggle
- This works in other relationships, too
- “Agreement is sacred”



Character Foundations of Win/Win People

- Integrity – keeping commitments, being trustworthy
- Maturity – win/win is both bold and courteous, assertive and caring
- Abundance Mentality – There is enough for everyone to win
 - From Stephen R Covey's Seven Habits of Highly Effective People

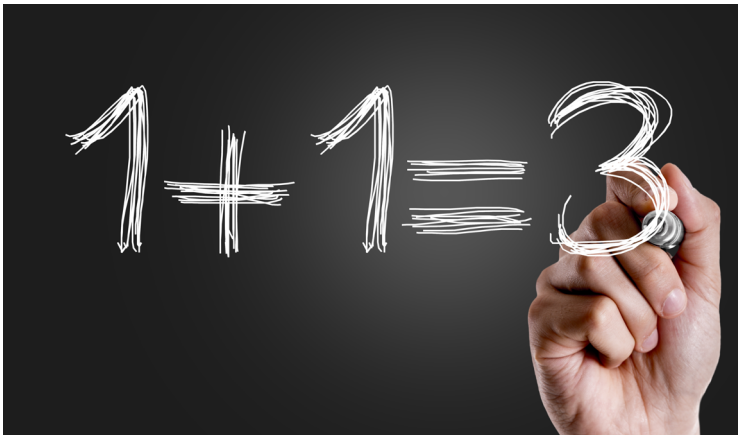


You Can't Define the Other Person's Win

- You define what is a win for you
- They define what is a win for them
- You can't give them what you think they ought to have, what you think they need, or what you're willing to give them and call it a win for them
- It has to be what they want

Winning is Emotional, Not Logical

- Winning isn't something physical, it's emotional
- A win is only a win when it makes the person feel good
- Even if a person logically is getting something they "want" (money, sex, material possessions, time, etc.) it's not a win if they don't feel good about the exchange emotionally



Steps to Seeking the Third Alternative

- I see myself
- I see you
- I seek you out
- I synergize with you

• From Steven R. Covey's
Seeking the Third
Alternative



You Have to Listen

- You can't build win/win relationship's if you're defensive and unable to listen to the other person's point of view
- Seek first to understand, then seek to be understood
- When you understand the other person's position, negotiation is much easier

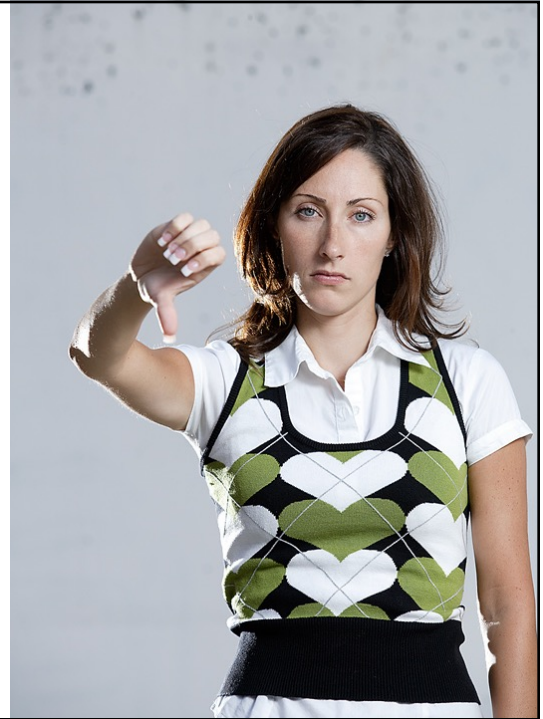
When the student is ready...

- ... the teacher will appear
- Therefore:
Do all you can to be ready for the call, but wait to be called
- People only learn when they are open
- No one cares how much you know until they know how much you care



Other Love Busters

- Dishonesty
- Annoying Habits
- Independent Behavior
- Lust-Based Sex



Dishonesty

- Intimacy requires honesty
- Often we don't lie to be mean, we simply lie to avoid upsetting the other person or to try to make ourselves look good
- However, dishonesty always leads to a sense of disconnection in relationships



Do we evoke dishonesty in others?

- “Open rebuke is better than secret love, faithful are the wounds of a friend, but the kisses of an enemy are deceitful.”
 - Proverbs 27:5

Radical Honesty

- Be honest with yourself (and those close to you) about
 - How you feel
 - Your history
 - Daily activities
 - Future plans and goals



Disrespect and Honesty

- Many times we shouldn't be honest about negative things we are thinking because they involve disrespectful judgments, angry outbursts and selfish demands
- We should temper these things before we try to talk about them
- "Do not let kindness and truth leave you..." Proverbs 3:3



Annoying Habits

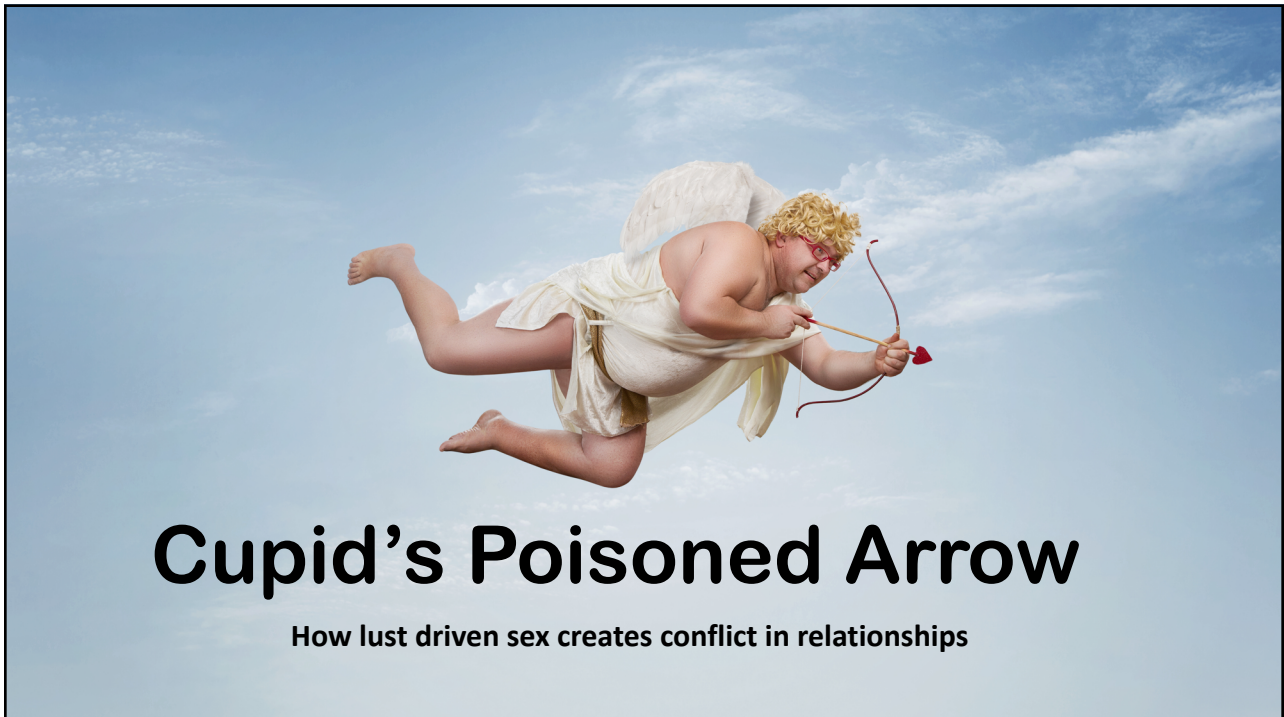
- These are thoughtless, frequently repeated behaviors that bother the other person
- This primarily applies to marriage
- Overcoming this requires a willingness to identify habits that annoy and gradually form new habits that are more pleasing to your partner





Independent Behavior

- This is a family/marriage issue
- It involves planning and doing things with no thought to how it might affect your spouse or children
- Being open and honest and taking time to brainstorm creative solutions to different needs can overcome this love buster



Cupid's Poisoned Arrow

How lust driven sex creates conflict in relationships

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