

# *Love & Respect*

## KNOW THE CODE

A couple's guide to enacting  
the code for a loving marriage

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Wouldn't you like to know the code to stop the negative communication cycle? The cycle begins with perceived disrespect or perceived unloving behavior or words and can spiral out of control. The good news is that the cycle is reversible and that starts with knowing the code.

It is defined for us in Ephesians 5:33. "Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband." (NKJV) Love and Respect.

Couple that with Ephesians 4:2-3. "with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace." ( NKJV)

There, you have the code for a loving marriage.

We've included a short assessment and goal page to help you understand more about The Marriage Code: love and respect, and to set some practical goals to help build a better marriage.

Sincerely,

Doug & Leslie Davis

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# Husband's Assessment Scale

These assessments are to be used in conjunction with the goal setting and the next steps pages to move you out of negative cycle in to a positive one. Do the assessment scale and goal sheet individually. Honestly ask yourself the following questions.

1 being "never" to 10 being "all of the time".

**01** On a scale of 1 to 10...Do you find yourself leaving for work without hugging, or kissing your wife goodbye? 1 2 3 4 5 6 7 8 9 10

**02** On a scale of 1 to 10...Do you find yourself not calling or texting your wife as often as you used to? 1 2 3 4 5 6 7 8 9 10

**03** On a scale of 1 to 10...Do you find yourself becoming quiet, saying nothing, or going off by yourself when you have an argument with your wife? 1 2 3 4 5 6 7 8 9 10

**04** On a scale of 1 to 10...Do you find resentment blocking the love you have for your wife? 1 2 3 4 5 6 7 8 9 10

**05** On a scale of 1 to 10... Do you expect your wife to respond to a situation the same way you would? 1 2 3 4 5 6 7 8 9 10

## WHAT YOUR SCORE MEANS

**5 TO 20** You are most likely doing ok in showing love for your wife. She probably feels loved if you have scored in this range.

**21 TO 35** You might need to determine what things you can change to show your love toward you wife. She probably feels unloved.

**36 TO 50** Have a heart-to-heart with your wife to gain understanding about how she feels love. She most likely feels unloved.

# Wife's Assessment Scale

These assessments are to be used in conjunction with the goal setting and the next steps pages to move you out of negative cycle in to a positive one. Do the assessment scale and goal sheet individually. Honestly ask yourself the following questions.

1 being "never" to 10 being "all of the time".

**01** On a scale of 1 to 10...Do you find yourself interrupting your husband when you are in an argument? 1 2 3 4 5 6 7 8 9 10

**02** On a scale of 1 to 10...Do you find yourself making decisions regarding the family without consulting him? 1 2 3 4 5 6 7 8 9 10

**03** On a scale of 1 to 10...Do you find yourself resenting his leadership? 1 2 3 4 5 6 7 8 9 10

**04** On a scale of 1 to 10...Do you find negative emotions getting in the way of respecting your husband? 1 2 3 4 5 6 7 8 9 10

**05** On a scale of 1 to 10...Do you expect your husband to respond to a situation the same way you would? 1 2 3 4 5 6 7 8 9 10

## WHAT YOUR SCORE MEANS

**5 TO 20** You are most likely doing ok in your respect for your husband. He may not feel disrespected if you have scored in this range.

**21 TO 35** You might need to determine what things you can change to show your respect for your hubby. He probably feels disrespected.

**36 TO 50** Have a heart-to-heart with your hubby to gain understanding about respect. He most likely feels disrespected

# Husband's *Goal-Setting Sheet*

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The following questions set a path to change. Change isn't easy but it's worth it.



What are some of the ways you undermine your spouse's need to connect with you?

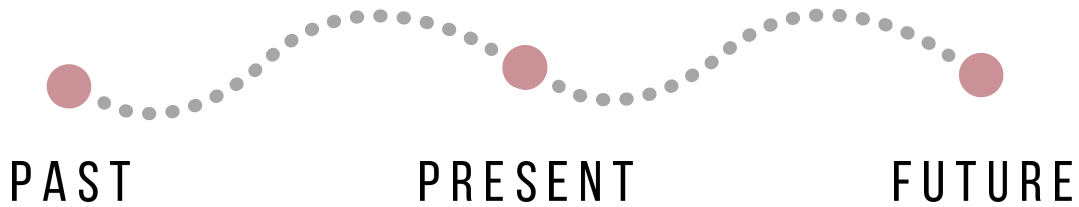
What are some ways you can begin to decode your spouse's intentions?

What are some ways that you can show love to your spouse?  
Write out your goals.

# Wife's *Goal-Setting Sheet*

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The following questions set a path to change. Change isn't easy but it's worth it.



What are some of the ways that you undermine your husband's desire to lead and provide for you?

What are some ways you can begin to decode your spouse's intentions?

What are some of the ways you can show respect to your spouse?  
Write out your goals

# *Next Steps*

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You may have found that unloving behavior breeds disrespect and disrespect breeds unloving behavior. This is called the Negative Cycle. Complete this page with your spouse. Use the back if you need more space.

01. List some benefits of stopping the Negative Cycle?

02. If there is anything you need to ask forgiveness for, do that now.

03. Do you make a commitment to breaking the negative cycle?

# *Enacting The Code*

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There are many things you can do to help stop the negative cycle but there are two that we suggest starting with.

1. Talk to your spouse about how you perceive communication from one another.
2. Assume that your spouse intends to do good. Give them the benefit of good will regardless of what their behavior might lead you to believe.

The exercises in this handout aren't a fix-all but it's a start to the process of becoming aware of your communication cycle with your spouse. Reread Ephesians 5:33 and Ephesians 4:2-3. Ask the Lord to show you what Love and Respect looks like with your spouse, then ask for the courage and trust to enact the code.

**A KEY TO A BETTER MARRIAGE IS TO REALIZE THE CORE NEED OF YOUR SPOUSE, AND ACT ON IT.**

~ DR. EMERSON EGGERICHES

**GOD INTENDS MARRIAGES TO THRIVE**

