



MASTER  SERIES

LOVE AND RESPECT

WITH DR. EMERSON EGGERICHS

STUDY GUIDE

LEARNING OBJECTIVES

Dr. Emerson Eggerichs investigates the two basic ingredients for a happy, successful marriage: love and respect.

1:20 - What is the “crazy cycle”?

3:20 - Love and respect. What do they look like?

7:20 - What are some ways that women mistakenly think they are being respectful and men mistakenly think they are being loving?

10:35 - How can we still acknowledge appropriate emotions such as frustration, sadness, and anger while staying loving and respectful?

12:20 - You emphasize your partner being a good-willed person in order for the Love and Respect system to really work.
How do you define a good-willed person?

17:30 - How do you address a wife who doesn't feel her husband deserves respect because of his past actions?

21:30 - What fears do men and women have when considering the love and respect cycle?

23:40 - What is the best way to respond when you feel unloved or disrespected?

31:40 - How do you get off of the crazy cycle?

36:40 - Take us through the “energizing cycle.”

40:45 - What is the acronym CHAIRS? What about COUPLE?

42:00 - What if only one spouse is following the love and respect structure?

50:35 - Audience Questions





QUESTIONS FOR REFLECTION

1

MEN: *In what ways do you most feel respect?*

1

WOMEN: *In what ways do you most feel loved?*

2

Do you feel your partner is worthy of love?

2

Do you feel your partner is worthy of respect?

3

Do you feel that you are worthy of respect?

3

Do you feel that you are worthy of love?

4

Think of a time when your wife felt that you were unloving. How could you have expressed your message in a more loving way?

4

Think of a time when your husband felt that you were disrespectful. How could you have expressed your message in a more respectful way?

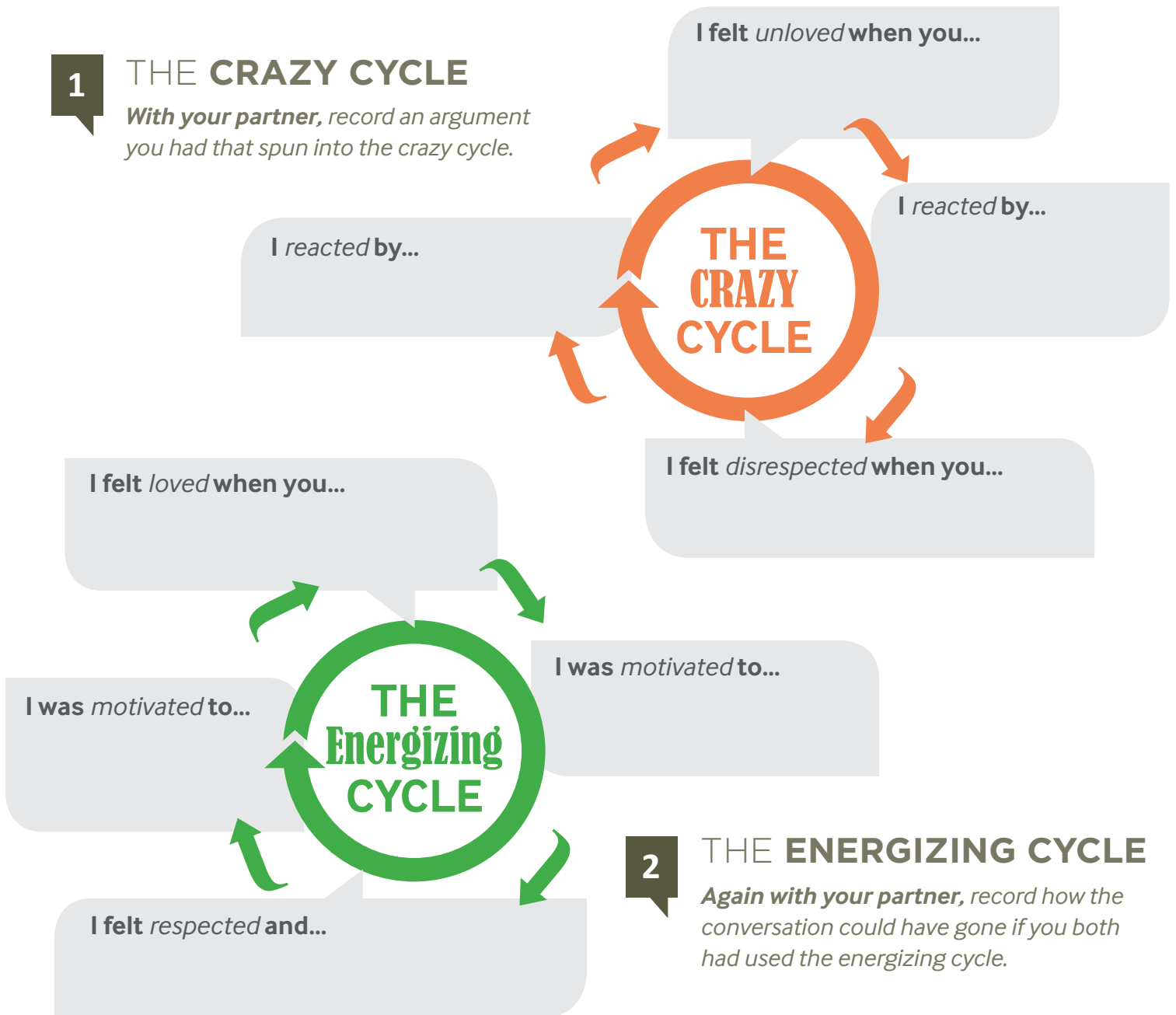


PARTNER ACTIVITY

1

THE CRAZY CYCLE

With your partner, record an argument you had that spun into the crazy cycle.



2

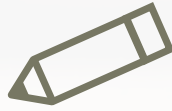
THE ENERGIZING CYCLE

Again with your partner, record how the conversation could have gone if you both had used the energizing cycle.

3

MEN: What can you do differently the next time you feel disrespected?

WOMEN: What can you do differently the next time you feel unloved?



ACTION PLAN

Together, brainstorm a special word, phrase, or gesture to use when you feel unloved or disrespected. Record it here, along with the way she feels most loved and he feels most respected. Post this on your mirror or fridge as a reminder of how to signal to each other that you are starting to spin and the best way to show each other love and respect.

DATE

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MEET THE AUTHOR



DR. EMERSON EGGERICHS

Dr. Emerson Eggerichs is an internationally known public speaker on the topic of male-female relationships. Based on over three decades of counseling as well as scientific and biblical research, he and his wife Sarah developed the Love and Respect Conference, which they present to live audiences around the country. Dr. Eggerichs has authored several books, including the national bestseller Love & Respect, and he is the Founder and President of Love and Respect Ministries. He and his wife have three grown children.