

REUNION TIMES



ISSUE THREE

USAREUR MINISTRY TEAM

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LOVE BUSTERS

William F. Hanley, Jr., PhD warns against allowing the LOVE BUSTERS to destroy your relationships. He tells us that thoughtlessness falls into five categories:

- **SELFISH DEMANDS** – Whenever we demand more than we give it often causes others we love to become defensive. Demonstrating care means not always insisting on “my way”.
- **DISRESPECTFUL JUDGMENTS** – If we close our minds to another person’s point of view, the implication is that they are not important. Demonstrating care requires respectful attentiveness.
- **ANGRY OUTBURSTS** – Outbursts tend to escalate any discussion. It indicates lack of self-control and discipline. Some resort to profanity in an attempt to “kick it up a notch”. Meanness accomplishes nothing and damages relationships.
- **ANNOYING BEHAVIOR** – Annoying habits and behavior will, over time, erode closeness. A healthy relationship tries to please the other person, not annoy.
- **DISHONESTY** – Honesty tells the other person that they matter. Deception is a worm in the apple of marriage.

Chaplain (LTC) Eric Erkinen

INSIDE THIS ISSUE:

- 1 Demonstrating Care, Love, & Appreciation
- 2 Hints for Husbands and Wives

NEXT ISSUE:

“Rekindling Relationships”

A few ways husbands can demonstrate care and appreciation ...

- Hug and kiss your wife and tell her you love her every morning while you’re still in bed
- Tell her that you love her while you are having breakfast
- Kiss her good-by and express your appreciation for her
- Call her during the day to ask her how she is doing and tell her that you love her
- After work, call her before you leave to tell her any change in plans or what time you will be home
- Buy her flowers on the way home once a week, with a card or nice note attached
- Upon arriving home, give her a big hug and kiss and spend a few minutes taking about how her day went. Don’t do anything else until you have given her your undivided attention.
- Tell her how much you appreciate all she does as you are enjoying dinner
- Help her clear off the table and do the dishes or chores
- Hug her and tell her you love her before you go to sleep

Willard F. Harley, Jr., is best known as the author of bestseller, *His Needs, Her Needs: Building an Affair-Proof Marriage*



“Kathleen, I have a confession. I’ve been cold and indifferent with another woman.”

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Some Good Quotes...

“We must always look to the future. Tomorrow—the time that gives a man just one more chance—is one of the many things that I feel are wonderful in life. So’s a good horse under you...or the only campfire for miles around...or a quiet night and a nice soft hunk of ground to sleep on. A mother meeting her first-born. The sound of a kid calling you “Dad” for the first time. There’s a lot of things great about life. But I think tomorrow is the most important thing. Comes in to us at midnight very clean. It’s perfect when it arrives and it puts itself in our hands. It hopes we’ve learned something form yesterday.”

- **John Wayne**

I can tell you why I love her. I have a lust for her dignity. I look at her wonderfully classic face, and I see hidden in it a sense of humor that I love. I think wonderful, exciting, decent things when I look at her...”

- **John Wayne**

“The beginning of love is to let those we love just be themselves, and not twist them with our own images – otherwise, we love only the reflection of ourselves we find in them.”

- **Anonymous**

A few ways wives can demonstrate care and appreciation...

- Avoid comparing your spouse to anyone else.
- Compliment your husband often and sincerely. It builds esteem.
- Take good care of your physical, mental, and spiritual health.
- Maximize his strengths and minimize his weaknesses.
- Never, ever criticize him publicly. Instead, try bragging about him to others.
- Date your husband and be spontaneous.
- Tell him how much you appreciate his talents, help, and contribution to the family
- Encourage him when he gets down

There are some great marriage enrichment resources on the net. Check this one out:
<http://www.lovegevity.com/marriage/expertadvice/index.html>

For more information, contact your unit chaplain or the Family Life Chaplain in your community

SHOW YOU CARE!