

“What Is Your Love Style?” Tip Sheet from the book *How We Love*

In *How We Love*, authors **Milan and Kay Yerkovich** help husbands and wives find hope by first gaining an understanding of their own love style, or their imprint of intimacy from their childhood experiences. The combination of two spouse’s imprints in marriage create the core negative patterns in the relationship. Can you identify with any of these quick reviews of each love style?

The AVOIDER

- I tend to be private and self-sufficient.
- I am usually “fine” and tend to resist connection and affection, and I am not very affectionate toward others.
- I have few emotions.
- Sometimes I comply simply to avoid arguments.
- I generally don’t ask for any sort of emotional investment or commitment from people.
- I minimize and resist expressions of anger in others and myself, yet I do get angry when people try to get too close.
- I’m usually happiest when others are happy and don’t want a lot from me.
- I’m a task-oriented, high achiever.
- I prefer to do something for someone or give gifts rather than connect emotionally.
- I’ve felt resentment toward my spouse for wanting something more from me.
- I’m tired of hearing how distant I am.
- I don’t really think about my own feelings and needs very often.

The PLEASER

- People knew me as “the good kid.”
- I struggle with fear of rejection and criticism.
- Sometimes I seek deeper connection by working to meet others’ needs.
- I have needs but they’re not as big as most peoples’.
- At times I’ve had difficulty tolerating physical or emotional distance from my spouse.
- I prefer to deal with conflict by making up for it quickly and moving on.
- I can be very jealous, though I rarely show it.
- I have difficulty saying no and sometimes it makes me less than truthful.
- I generally don’t feel angry, or if I do, I try to think about something else or get rid of it.
- Sometimes I resent giving more than I get and feel like a doormat.
- I don’t often ask for help and feel uncomfortable when others try to give me assistance.

The VACILLATOR

- I've always been especially sensitive.
- I desire deep, passionate connection with my spouse but never seem to get it.
- I've had a history of idealizing others early on in relationships.
- I easily feel disappointed, rejected or unwanted.
- I sometimes become angry when my expectations are not met.
- I can feel betrayed, abandoned when others are not emotionally available.
- I experience internal conflict and a high level of emotional stress in relationships.
- My own conflicted responses sometimes confuse even me.
- Others have said they feel like they are walking on eggshells around me.
- I have difficulty accepting the weaknesses of others.
- I have difficulty being willing to reengage when anger blocks out other emotions.
- I tend to reflect more on how others have hurt me than on my own shortcomings.

The CONTROLLER

- Growing up, I experienced a great deal of intense anger and stress from a parent or parents.
- I'm used to chaos at home.
- I've learned to protect myself through aggression.
- I don't like to consider the alternative if I wasn't so dominant.
- I tend not to think about the past and stay busy with the present.
- My spouse couldn't survive without me.
- Our relationship problems are usually my spouse's fault.
- I rarely feel any emotion except anger and sometimes guilt if my anger has gone too far.
- Things would go more smoothly if my spouse listened to me and did the things I ask.
- My spouse purposely makes me jealous.
- I get angry when others don't listen.
- I have few feelings about my childhood except I'm glad it's over because I wouldn't go back.

The VICTIM

- Growing up, I experienced a great deal of intense anger and stress from a parent or parents.
- I'm used to chaos at home.
- I've learned to protect myself through passivity.
- I don't like to consider the alternative if I wasn't quiet and submissive.
- I don't often assert myself.
- Relationship problems are usually my own fault.
- I try very hard to keep my mate happy, but it doesn't always work.
- At times, I'm honestly scared of my spouse.
- I'm resentful and angry but try not to focus on it.