

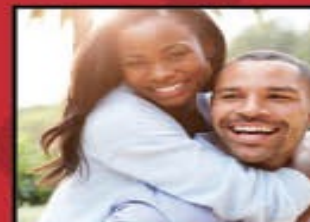
# Love for a Lifetime 钟爱一生



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What Damages and  
Destroys Marriages  
破坏与摧毁婚姻的因素



# I. Basic Concepts 基本概念

## Romantic Love

### 浪漫的爱

- Feeling incredible attraction for the other person. 被对方深深地吸引
- It is unmistakable and can be sustained indefinitely. 这种爱慕之情是显而易见的，可无止境地延续



# The Giver and the Taker

## 付出者与索取者





# The Giver and the Taker 付出者与索取者

## The Giver 付出者

Do whatever you can to make the other person happy and avoid anything that makes the other person unhappy, even if it makes you unhappy.  
尽你所能让对方开心，而不做使对方不悦的事情，即便你心里不乐意。





# The Giver and the Taker 付出者与索取者

The Taker 索取者

Do whatever you can to make you happy and  
avoid anything that makes you unhappy,  
even if it makes others unhappy.  
尽你所能让自己开心，不做让自己不悦的事  
情，即便让他人心里不高兴。



## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Intimacy 亲密关系

The state of mind dominated by your Giver,  
who encourages you to give unconditionally.  
由付出者主导的心态, 会鼓励你无条件地给  
予



## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Intimacy 亲密关系（双方恩爱）

- Each is meeting the other's needs.  
双方都在**满足**对方的需求
- Each is avoiding causing unhappiness to the other.  
双方都在避免给**对方**带来不快





## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Conflict 矛盾/冲突(双方争吵)

The state of mind dominated by your Taker,  
who encourages you to take unconditionally.  
由索取者主导的心态, 会促使你无限地索取。



## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Conflict 矛盾/冲突（双方争吵）

- Each is meeting the other's needs.  
双方都在满足对方的需求
- One or both is causing unhappiness in the other.  
一方或双方都在给对方带来不快



## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Withdrawal 逃避（双方冷战）

The state of mind dominated by your Taker, which encourages you to emotionally withdraw from your spouse, neither giving nor taking.

受索取者主导的心态，促使你从情感上远离配偶，既不给予也不索取





## II. The Three States of Mind in Marriage 婚姻中的三种心态

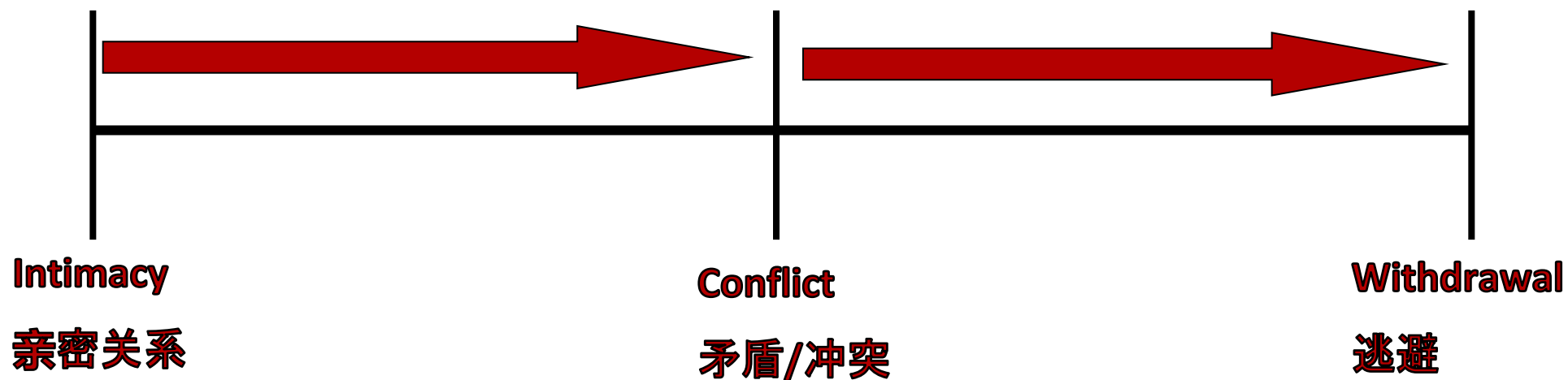
### Withdrawal 逃避（双方冷战）

In Conflict the strategy is *fight*, but in  
Withdrawal the strategy is *flight*.

在“冲突”中采取的策略是**对抗**，而在“撤退/逃避”中的策略则是**逃离**



## II. The Three States of Mind in Marriage 婚姻中的三种心态



## II. The Three States of Mind in Marriage 婚姻中的三种心态

### Getting Back to Intimacy 恢复亲密关系

You may intelligently decide to make a new effort to restore intimacy and toss out an olive branch. Your effort goes against the advice of the Taker, but you decide, correctly, that your Taker is leading you astray. . . This effort might well take you through conflict which is a necessary step back to intimacy.

你可能会明智地**决定**要做出新的努力来恢复亲密关系，向对方示好。你的努力会不同于**索取者**的意见，但你做的决定是正确的，因为索取者会把你引入歧途qi2tu2...这种努力可能会带你走出**矛盾**，是恢复**亲密关系**的必经之路

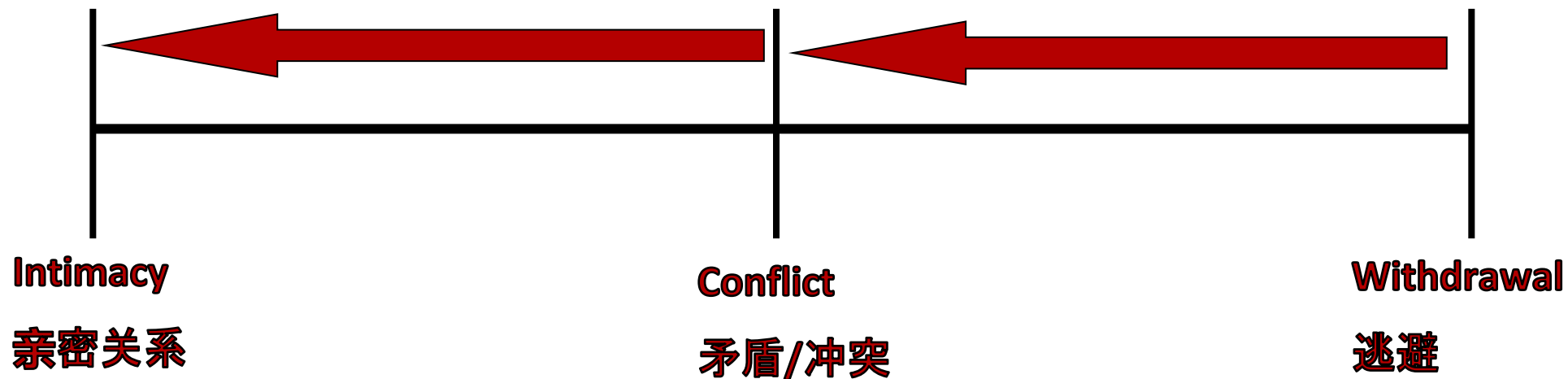




## II. The Three States of Mind in Marriage

### 婚姻中的三种心态

Getting Back to Intimacy 恢复亲密关系



# III. The Love Bank

## 爱情银行

Good experiences deposit love units, leading us  
to like or even love a person.

美好的经历正如往“爱情银行”里存款，会让我  
们喜欢甚至爱上一个人



# III. The Love Bank

## 爱情银行

Bad experiences withdraw love units, leading us to dislike or even hate a person.

令人不快的经历就好像从“爱情银行”中取款，会让人讨厌甚至恨恶一个人





## IV. Love Busters 摧毁爱情的行为

A repeated behavior of one spouse that makes the other spouse unhappy.

重复让配偶不高兴的行为



## IV. Love Busters 摧毁爱情的行为

### 1. Selfish Demands 自私的需求

Commanding your spouse to do things that would benefit you at your spouse's expense, with an implied threat of punishment if refused.

命令你的配偶做一些以牺牲他/她的利益而有利于你的事情，并暗示对方拒绝的话会受到惩罚  
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## IV. Love Busters 摧毁爱情的行为

### 2. Disrespectful Judgments 无礼的判断

Attempting to straighten out your spouse's attitude, beliefs, and behavior by trying to impose on him/her your way of thinking through lecture, ridicule, threats, or other forceful means.

试图通过说教、嘲笑、威胁或其他**强硬**手段，将你的思维方式**强加**于你的配偶，从而纠正他/她的态度、**信仰**和行为。



## IV. Love Busters 摧毁爱情的行为

### 3. Angry Outbursts 愤怒的爆发

Deliberately attempting to hurt your spouse using anger, usually in the form of verbal or physical attack.

故意用愤怒来伤害你的配偶，常常表现为言语或身体攻击





## IV. Love Busters 摧毁爱情的行为

### 3. Angry Outbursts 愤怒的爆发

**Do not hasten in your spirit to be angry, For  
anger rests in the bosom of fools.**

Ecclesiastes 7:9 (NKJV)

**“你不要心里急躁(zao4)恼怒，因为恼怒存  
在愚昧人的怀中。”(传7:9)**



## IV. Love Busters 摧毁爱情的行为

### 3. Angry Outbursts 愤怒的爆发

**Don't sin by letting anger control you. Think about it overnight and remain silent. Interlude**

Psalm 4:4 (NLT)

**“你们生气，却不可犯罪；在床上的时候，要心里思想，并要肃静。”（诗4:4）**



## IV. Love Busters 摧毁爱情的行为

### 4. Annoying Behaviors 令人生厌的行为

Habits and activities that unintentionally  
cause your spouse to be unhappy.

无意中引起你配偶不高兴的习惯和活动



## IV. Love Busters 摧毁爱情的行为

### 5. Dishonesty 不坦诚

Failure to reveal to your spouse correct information about your emotional reactions, personal history, daily activities, and plans for the future.

未能向你的配偶透露关于你的情绪反应、个人历史、日常活动和未来计划的准确信息





## IV. Love Busters 摧毁爱情的行为

### 5. Dishonesty 不坦诚

**A false witness will not go unpunished,  
And he who speaks lies will not escape.**

Proverbs 19:5 (NKJV)

**“作假见证的，必不免受罚；  
吐出谎言的，终不能逃脱。”（箴19:5）**



# The Policy of Radical Honesty 赤诚相待的原则



Emotional Honesty

情感要真诚



# The Policy of Radical Honesty 赤诚相待的原则



## Emotional Honesty

情感要真诚



## Historical Honesty

坦诚以往的**历史**



## Current Honesty

**当前**要有诚信



## Future Honesty

诚恳面对**未来**



# Identifying and Overcoming Love Busters

## 识别与克服摧毁爱情的行为

🏠 Identify the Love Busters 识别摧毁爱情的行为

🏠 Rank these Love Busters in terms of impact.  
根据这些行为的影响力排序

🏠 Agree to Eliminate the Love Busters for each other.  
同意为彼此消除这些行为

🏠 Overcome the Love Busters.  
克服这些行为





# Identifying and Overcoming Love Busters

## 识别与克服摧毁爱情的行为

- Selfish Demands 自私的需求
- Disrespectful Judgments 无礼的判断
- Angry Outbursts 愤怒的爆发
- Annoying Behavior 令人生厌的行为
- Dishonesty 不坦诚



Love for a Lifetime



FAMILY MINISTRIES  
NORTH AMERICAN DIVISION