

Gottman Technique: Creating “Love Maps”

Description	Love Maps are that part of the brain where you store all the relevant information about your partner, i.e. their likes, dislikes, hopes, dreams, triumphs, tragedies, traumas, etc. It consists of the information we usually learn and share when dating or courting someone, and is what we need to <i>continue</i> to learn and share when in a long-term relationship. According to Gottman’s foundational work, The Seven Principles for Making Marriage Work, “Emotionally intelligent couples are intimately familiar with each other’s world.”
Rationale	Knowing your partner’s Love Map and the inner workings of their day-to-day serves as affair prevention since it prevents someone else in their life or workforce from taking this special interest. This practice helps keep work life at work and emotional life at home. On a positive note, it will deepen the bond between both of you!

Exercise: Love Map Game

Description	Read each question aloud with your partner. Take a moment to each think of your answer mentally. Then share aloud what you think your partner’s answer is. For each question that you or your partner answers correctly about the other person, you get a point. The person with the most points wins! To keep score, check off each question you and your partner get correct!		
Quiz Questions		Partner 1	Partner 2
1. What is your favorite hobby or way to relax?		☐	☐
2. What is your favorite food?		☐	☐
3. Where do you like to go when you need space to think?		☐	☐
4. What is your favorite ice cream flavor?		☐	☐
5. What is something you are currently worried about?		☐	☐
6. Who is your best friend?		☐	☐
7. Do you prefer dinner out or dinner at home?		☐	☐

8. What is your favorite sport?	☐	☐
9. Have you played that sport?	☐	☐
10. Where did you live when you were growing up?	☐	☐
11. What relative or kin did you feel closest to as a child?	☐	☐
12. If you had a nickname as a child, what was it?	☐	☐
13. Are you a morning person or a night person?	☐	☐
14. If you could go anywhere, where would you go?	☐	☐
15. What is your favorite childhood memory?	☐	☐
16. Do you prefer hugs, gifts, or when your partner says, "Thank you"?	☐	☐
17. What is your favorite TV show?	☐	☐
18. What is your favorite movie?	☐	☐
19. What song reminds you of your relationship?	☐	☐
20. What is your favorite memory of a date, activity, or moment you and your partner shared?	☐	☐

Post-Game Reflection and/or Discussion Questions

After completing the quiz above with your partner, consider the following:

1. How confident did you feel going into the game?
2. Did your score reflect your degree of confidence? Why or why not?
3. Do you think your score accurately represents how well you and your partner know each other's inner world, preferences, and story? Why or why not?
4. Who won? Was this a surprise? Why or why not?
5. Are you content with how well your partner knows you?
6. Are you content with how well you know your partner?
7. What steps can you take as a couple to get to know each other's inner worlds more completely?

Next Steps

Interested in deepening your understanding of your partner and being known more intimately in return? Here are some ways to continue to understand one another's ever-evolving Love Maps:

- Include a daily (or at least weekly) review with one another so you can understand the dynamics of one another's day.
- Be consistent! Find a time for this review and stick to it. Some couples conduct this review on an evening walk, others at breakfast, and others enjoy frequent texting throughout the day. To each their own if it works!