**Objective:** Clients will identify several facts about themselves, and see how well they know their partner.

**Audience:** This tool is applicable with clients at various stages in their relationships. It will help new couples learn more about each other’s likes and dislikes. It will also help couples in longer term relationships continue to get to know each other.

**Estimated Time:** 15-30 minutes

**Educator Instructions:** Before reading the instructions on the tool, start with the Discussion Starter provided below or something similar. The tool could be left with the client and completed before your next visit. If you meet with them as a couple, have each person fill in their answers. After they have time to come up with examples, take a moment to talk about their responses.

**Discussion Starter:** A “love map” is a part of our brains where we store information about our partners. It includes his or her likes and dislikes, hopes and dreams, and so on. Imagine getting ready for a cross-country road trip and all you have is a 20 year old map – no new maps, no GPS or turn-by-turn navigation system, or other devices to make the trip easier. You would get there eventually, but it would be easier if your map was up to date. Keeping our love maps updated is also important. The better partners know each other and keep track of changing love maps, the deeper and more meaningful their relationship will be. Couples who are familiar with each other’s love maps will also be better able to cope with stressful events and conflict. This tool will help you see how well you know each other’s love maps.

**Follow-up:** During your next visit, ask if they have come up with other ways to learn more about each other.

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A “love map” is information you know about your partner’s likes and dislikes, hopes and dreams, joys and fears. Much like being sure we have an up-to-date road map, we need to be sure our love map also stays current.

Answer the questions below about yourself. Then answer the same questions about your partner. Compare your answers. How well do you know each other? Did you learn anything new?

Life Experiences and Memories
Who is your best friend? ______________________________________________________________________
What do you like most about yourself? ______________________________________________________________________
What relative did you feel closest to as a child? ______________________________________________________________________
What person has had the greatest impact on your life? ______________________________________________________________________
If you had a nickname as a child, what was it? ______________________________________________________________________
What is your favorite childhood memory? ______________________________________________________________________
What song reminds you of your relationship? ______________________________________________________________________
What is your favorite memory of an activity, event, or vacation you and your partner share? _______________
___________________________________________________________________________________________
What is something you are currently worried about? ______________________________________________________________________

Interests and Favorites
What is your favorite hobby? ______________________________________________________________________
What is your favorite sport? Favorite team? ______________________________________________________________________
If you could go anywhere, where would you go? ______________________________________________________________________
What is your favorite food? ______________________________________________________________________
What is your favorite ice cream flavor? ______________________________________________________________________
What is your favorite television show? Favorite movie? ______________________________________________________________________

Preferences
Where do you like to go when you need to relax? ______________________________________________________________________
Are you a morning person or an evening person? ______________________________________________________________________
Do you prefer dinner out or dinner at home? ______________________________________________________________________
Do you prefer hugs, gifts, or when your partner says “I love you”? ______________________________________________________________________
How do you prefer to spend your free time? ______________________________________________________________________

The more you know about your partner, the greater the chances of a happy, lasting relationship.