



# Love Maps



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**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.



HEALTHY  
RELATIONSHIP  
& MARRIAGE  
EDUCATION  
TRAINING

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# Love Maps



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? \_\_\_\_\_

What other things do you want your partner to know about you? What do you want to know about your partner?

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