

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_



## WELLNESS WORKSHEET 31

### Love Maps

#### Part I. Love Maps Questionnaire

Emotionally intelligent couples have richly detailed “love maps”—they know about each other’s history, major goals and beliefs, and day-to-day struggles. To assess the quality of your current love maps, answer each of the following questions with “true” or “false.”

- |   |  |
|---|--|
| 1. I can name my partner’s best friends.  | 15. My partner knows who my friends are.   |
| 2. I can tell you what stresses my partner is currently facing.                       | 16. I know what my partner would want to do if he or she suddenly won the lottery. |
| 3. I know the names of some of the people who have been irritating my partner lately. | 17. I can tell you in detail my first impressions of my partner.                   |
| 4. I can tell you some of my partner’s life dreams.                                   | 18. Periodically, I ask my partner about his or her world right now.               |
| 5. I am very familiar with my partner’s religious beliefs and ideas.                  | 19. I feel that my partner knows me pretty well.                                   |
| 6. I can tell you about my partner’s basic philosophy of life.                        | 20. My partner is familiar with my hopes and aspirations.                          |
| 7. I can list the relatives my partner likes the least.                               |  |
| 8. I know my partner’s favorite music.  |  |
| 9. I can list my partner’s three favorite movies.                                     |  |
| 10. My partner is familiar with my current stresses.                                  |  |
| 11. I know the three most special times in my partner’s life.                         |  |
| 12. I can tell you the most stressful thing that happened to my partner as a child.   |  |
| 13. I can list my partner’s major aspirations and hopes in life.                      |  |
| 14. I know my partner’s major current worries.  |  |

**Scoring:** Give yourself one point for each “true” answer.

**10 or above:** This is an area of strength in your relationship. You have a fairly detailed map of your partner’s everyday life, hopes, fears, and dreams. If you maintain this level of knowledge and understanding of each other, you’ll be well equipped to handle any problem areas that crop up in your relationship.

**Below 10:** Your relationship could stand some improvement in this area. By taking the time to learn more about your partner now, you’ll find your relationship becomes stronger.

#### Part II. Make Your Own Love Maps

If your current love map is inadequate or out of date, interview your partner to learn more about what is going on in his or her life. Just ask questions—don’t judge or offer advice. Your goal is to listen and learn.

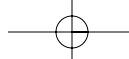
##### The cast of characters in my partner’s life

Friends:

Potential friends:

Rivals, competitors, “enemies”:

(over)

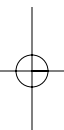


WELLNESS WORKSHEET 31 — continued

**Recent important events in my partner's life**

**Upcoming events** (What is my partner looking forward to? Dreading?)

**My partner's current stresses**



**My partner's current worries**

**My partner's hopes and aspirations** (For self? For others?)

SOURCE: Gottman, J. M., and N. Silver. 1999. *The Seven Principles for Making Marriage Work*. New York: Three Rivers Press.  
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