



Exercise 2: Make Your Own Love Maps

It's time to focus more seriously on your love maps for each other's everyday lives. Even though these maps are "all in your head," it helps to write some of the basics. Use the following form to interview each other as if you were reporters.

Take turns as listener and speaker, and write out the answers to these forms. It's best to use a separate piece of paper, or better yet a notebook or journal. Make sure that you do not pass judgment on what your spouse tells you or try to give each other advice.

Remember that you are simply on a fact-finding mission. Your goal is to listen and learn about your mate.

The cast of characters in my partner's life:

Friends:

Potential friends:

Rivals, competitors, "enemies":

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?)

***Love maps shouldn't just be broad- they should also be deep.

The Seven Principles for Making Marriage Work – John M. Gottman, PH.D, and Nan Silver