
The Gottman Love Map Exercise

A powerful predictor of stability for couples is whether they allocate “cognitive room” for their relationship and for the world of their partner. Resilient couples have developed a “map” of their relationship and its history—one that embraces each person’s concerns, preferences, experiences, and reality. To help you learn more about your partner, we’ve created this fun exercise for getting to know one another more intimately. This exercise often leads to meaningful conversation and connection that may surprise you!

Instructions

This exercise can be done in two ways.

Take Turns

Choose a question from the list below and see if you can answer the question as it relates to your partner. Then switch roles; have your partner choose a question and try to answer it as it pertains to your world. Alternate for 30 minutes. OR...

Spotlight

Choose a question from the list and see if you can answer the question(s) about your partner. Keep choosing questions and answering in the same fashion for 15 minutes. Then, switch roles and have your partner answer about you for another 15 minutes.

1. Name your partner's two closest friends.
2. What is your partner's favorite musical group, composer or instrument?
3. What was your partner wearing when you first met?
4. What are your partner's hobbies?
5. Where was your partner born?
6. What stresses are facing your partner in the immediate future?
7. Describe in detail your partner's day, either today or yesterday.
8. When is your partner's birthday?
9. What is the date of your anniversary?
10. Who is your partner's favorite relative?
11. What is your partner's fondest dream, as yet unachieved?
12. What is your partner's favorite flower?
13. What is one of your partner's worst fears in life?
14. What is your partner's favorite time for making love?
15. What makes your partner feel most competent?
16. What turns your partner on sexually?
17. What is your partner's favorite food?
18. What is your partner's favorite way to spend an evening?
19. What is your partner's favorite color?
20. What personal improvements does your partner want to make in his or her life?
21. What kind of present would your partner like best?
22. What was one of your partner's best childhood experiences?
23. What was your partner's favorite vacation?
24. What is one of your partner's favorite ways of being soothed?
25. Who is your partner's greatest source of support (other than you)?

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26. With whom does your partner currently have a conflict?
 27. What is your partner's favorite sport?
 28. What does your partner like to do with time off?
 29. What is one of your partner's favorite weekend activities?
 30. What is your partner's favorite getaway place?
 31. What is your partner's favorite movie?
 32. What are some of the important events coming up in your partner's life and how does he or she feel about them?
 33. What are some of your partner's favorite ways to work out?
 34. What is your partner's favorite cologne or perfume?
 35. Who was your partner's best friend in childhood?
 36. What is one of your partner's favorite magazines?
 37. Name one of your partner's major rivals or "enemies."
 38. What would be an ideal job for your partner?
 39. What is your partner's major fear?
 40. Who is your partner's least favorite relative?
 41. What is your partner's favorite holiday?
 42. What is your partner's favorite kind of reading?
 43. What is your partner's favorite TV show?
 44. Who is your partner's favorite poet?
 45. What is your partner's favorite side of the bed?
 46. What is your partner currently most sad about?
 47. What is one of your partner's concerns or worries?
 48. What medical problems does your partner worry about?

49. What was your partner's most embarrassing moment?
50. What is your partner's worst childhood experience?
51. Which people does your partner most admire in the world? Name two.
52. Who is your partner's least favorite person you both know?
53. What is one of your partner's favorite desserts?
54. What is your partner's social security number?
55. What is one of your partner's favorite novels?
56. What is your partner's favorite romantic restaurant?
57. What are two of your partner's aspirations, hopes, or wishes?
58. Does your partner have a secret ambition? What is it?
59. What foods does your partner hate?
60. What is your partner's favorite animal?
61. What is your partner's favorite song?
62. What is your partner's favorite tree?