

THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

CHAPTER THREE

PRINCIPLE 1 – ENHANCE YOUR LOVE MAPS

Emotionally intelligent couples are intimately familiar with each other's world. Gottman calls this having a richly detailed *love map*—that place in your brain where you store all the relevant information about your partner's life.

“If you don't really know someone, how can you truly love them?”

Any major change—from a job shift to a move to illness, or just the passage of time—can cause couples to lose their way without a detailed love map. The more you know and understand about each other, the easier it is to keep connected as life swirls around you.

LOVE MAPS QUESTIONNAIRE

By giving *honest* answers to the following questions, you will get a sense of the quality of your current love maps. Read each statement and check “T” for True or “F” for False

| | T | F | STATEMENT |
|-----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | I can name my partner's best friends |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | I can tell you what stresses my partner is currently facing. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | I know the names of some of the people who have been irritating my partner lately. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | I can tell you some of my partner's life dreams |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | I am very familiar with my partner's religious beliefs and ideas. |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | I can tell you about my partner's basic philosophy of life. |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | I can list the relatives my partner likes the least. |
| 8. | <input type="checkbox"/> | <input type="checkbox"/> | I know my partner's favorite music |
| 9. | <input type="checkbox"/> | <input type="checkbox"/> | I can list my partner's three favorite movies |
| 10. | <input type="checkbox"/> | <input type="checkbox"/> | My spouse is familiar with my current stresses. |
| 11. | <input type="checkbox"/> | <input type="checkbox"/> | I know the three most special times in my partner's life. |
| 12. | <input type="checkbox"/> | <input type="checkbox"/> | I can tell you the most stressful thing that happened to my partner as a child |
| 13. | <input type="checkbox"/> | <input type="checkbox"/> | I can list my partner's major aspirations and hopes in life. |
| 14. | <input type="checkbox"/> | <input type="checkbox"/> | I know my partner's major current worries. |
| 15. | <input type="checkbox"/> | <input type="checkbox"/> | My spouse knows who my friends are. |
| 16. | <input type="checkbox"/> | <input type="checkbox"/> | I know what my partner would want to do if he or she suddenly won the lottery. |
| 17. | <input type="checkbox"/> | <input type="checkbox"/> | I can tell you in detail my first impressions of my partner |
| 18. | <input type="checkbox"/> | <input type="checkbox"/> | Periodically I ask my partner about his or her world right now. |
| 19. | <input type="checkbox"/> | <input type="checkbox"/> | I feel that my partner knows me pretty well. |
| 20. | <input type="checkbox"/> | <input type="checkbox"/> | My spouse is familiar with my hopes and aspirations. |

“There are few gifts a couple can give each other greater than the joy that comes from feeling known and understood.”

EXERCISE 1: THE LOVE MAP 20 QUESTIONS GAME

Play this game together *in the spirit of laughter and gentle fun*. The more you play, the more you'll learn about the love maps concept and how to apply it to your own relationship.

Together randomly decide on twenty numbers between 1 and 60. Write the numbers in the "Questions" column.

Beginning with the top of your column, match the number in your "Questions" column to the numbered questions in your book. Each of you should take turns asking your partner this question. If your spouse answers correctly (you be the judge), he or she receives the number of points indicated for that question, and you receive one point. If your spouse answers incorrectly, neither of you receives any points. The same rules apply when you answer. The winner is the person with the higher score after you've both answered all twenty questions.

| | QUESTIONS | HIS SCORE | HER SCORE |
|-----|-----------|-----------|-----------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |
| 11. | | | |
| 12. | | | |
| 13. | | | |
| 14. | | | |
| 15. | | | |
| 16. | | | |
| 17. | | | |
| 18. | | | |
| 19. | | | |
| 20. | | | |