## Gottman Game of Hearts

## INSTRUCTIONS:

1. Grab a standard 52-card deck and get cozy with your partner.
2. Shuffle the deck and pull a card.
3. Find your card below and follow the prompt.
4. Take turns pulling cards.
5. Repeat!


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| Hearts <br> For any HEARTS card, give your partner a kiss before you perform the action for that card. | For any CLUBS card, give your partner one compliment before you perform the action for that card. | Diamonds <br> For any DIAMONDS card, tell your partner one trait you love about them before you perform the action for that card. | Spades <br> For any Spades card, tell your partner one fun activity you want to try with them before you perform the action for that card. |
| :---: | :---: | :---: | :---: |
| ACE: <br> Share a long hug that includes breathing and relaxing together. | ACE: <br> Give your partner a sexy or risqué compliment. | ACE: <br> Ask your partner: if you had to pick one food to eat for the rest of your life, what would it be? | ACE: <br> Have a two-minute dance party with your partner. |
| TWO: <br> Ask your partner what their favorite sex position is. | TWO: <br> Reminisce about a date or vacation you loved. | TWO: <br> Tell your partner something you love about their face or body. | TWO: <br> Play a quick game of thumb war-best two out of three! |
| THREE: <br> Say something scandalous in your partner's ear. | THREE: <br> Ask your partner about one of their favorite childhood memories. | THREE: <br> Ask your partner: if you could change into an animal for 24 hours, what would it be and why? | THREE: <br> Come up with a little haiku on the spot and recite it to your partner. |
| FOUR: <br> Tell your partner a sex position you've been wanting to try. | FOUR: <br> Turn on your partner's favorite song and listen to the whole thing together. | FOUR: <br> Ask your partner what they love most about their own body. | FOUR: <br> Tell your partner your funniest pickup line. |


| FIVE: <br> Ask your partner what you can do to help them feel aroused. | FIVE: <br> Ask your partner what their favorite part of today was. | FIVE: <br> Ask your partner what they think their own best non-physical trait is and why. | FIVE: <br> Write a word on your partner's back with your finger and have them guess it. |
| :---: | :---: | :---: | :---: |
| SIX: <br> Share a six-second kiss with your partner! | SIX: <br> Share a six-second kiss with your partner! | SIX: <br> Share a six-second kiss with your partner! | SIX: <br> Share a six-second kiss with your partner! |
| SEVEN: <br> Hold hands and gaze into each other's eyes for seven seconds. | SEVEN: <br> Talk with your partner about one of the most romantic activities you've done together. | SEVEN: <br> Ask your partner if they like their name, or if they would name themself something else. | SEVEN: <br> Do your best character or celebrity impression. |
| EIGHT: <br> Give your partner a massage...anywhere they want. | EIGHT: <br> Ask your partner to tell you about their favorite book or movie. | EIGHT: <br> Ask your partner what they think your best characteristic is. | EIGHT: <br> Tell your partner a knock-knock joke. |
| NINE: <br> Tell your partner all the places on your body you liked to be kissed. | NINE: <br> Name your partner's best friends and ask them if you're correct. | NINE: <br> If you were to give your partner a nickname, what would it be? Share it with them. | NINE: <br> Make up a secret handshake with your partner and practice it a few times. |
| TEN: <br> Come up with a secret codeword for sex and use it next time you initiate! | TEN: <br> Tell your partner what you think they were wearing when you first met. | TEN: <br> Ask your partner how they think your relationship has grown in the past year. | TEN: <br> Show your partner your best dance move. |

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| JACK: <br> Tell your partner <br> your favorite form of <br> foreplay. | JACK: <br> Ask your partner <br> about their favorite <br> hobby and why they <br> enjoy it. | JACK: <br> Tell your partner one <br> thing about yourself <br> you'd change and <br> why. | Sing your partner a <br> line from your <br> favorite love song. |
| :---: | :---: | :---: | :---: |
| QUEEN: <br> Have a quickie! | QUEEN: <br> Ask your partner <br> how you can make <br> them feel more <br> loved. | QUEEN: <br> Ask your partner: if <br> you could have one <br> redo on anything in <br> life, what would it <br> be? | QUEEN: <br> Have a tickle <br> fight-the first to <br> surrender loses! |
| KING: <br> Choose one item of <br> clothing you want <br> your partner to <br> remove right now! | KING: <br> Ask your partner <br> about their life goals <br> and dreams. | KING: <br> Ask your partner: <br> what 3 personality <br> traits do you think <br> are the most <br> important to have? | KiNG: <br> Shour hidden talent. |

## JOKER:

Do a sexy striptease or a silly dance, then draw again!


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