

Love Maps Questionnaire

Adapted from John Gottman,
The Seven Principles for Making Marriage
Work

By giving honest answers to the following questions, you will get a sense of the quality of your current love maps. For the most accurate reading of how your marriage is doing on this first principle, both of you should complete the following.

Read each statement and circle T for "true" or F for "false."

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

Scoring: Give yourself one point for each "true" answer.

10 or above: This is an area of strength for your marriage. You have a fairly detailed map of your spouse's everyday life, hopes, fears, and dreams. You know what makes your spouse "tick."

Below 10: Your marriage could stand some improvement in this area. Perhaps you never had the time or the tools to really get to know each other. Or perhaps your love maps have become outdated as your lives have changed over the years. In either case, by taking the time to learn more about your spouse now, you'll find your relationship becomes stronger.

The Love Map

20 Questions Game

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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.

STEP 1. Each of you should take a piece of paper and pen or pencil. Together, randomly decide on twenty numbers between 1 and 60. Write the numbers down in a column on the left-hand side of your paper.

STEP 2. Below is a list of numbered questions. Beginning with the top of your column, match the numbers you chose with the corresponding question. Each of you should ask 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.

1. Name my two closest friends. (2)
2. What is my favourite musical group, composer, or instrument? (2)
3. What was I wearing when we first met? (2)
4. Name one of my hobbies. (3)
5. Where was I born? (1)
6. What stresses am I facing right now? (4)
7. Describe in detail what I did today, or yesterday. (4)
8. When is my birthday? (1)
9. What is the date of our anniversary? (1)
10. Who is my favourite relative? (2)
11. What is my fondest unrealized dream? (5)
12. What is my favourite flower? (2)
13. What is one of my greatest fears or disaster scenarios? (3)
14. What is my favourite time of day for lovemaking? (3)
15. What makes me feel most competent? (4)
16. What turns me on sexually? (3)
17. What is my favourite meal? (2)
18. What is my favourite way to spend an evening? (2)
19. What is my favourite colour? (1)
20. What personal improvements do I want to make in my life? (4)
21. What kind of present would I like best? (2)
22. What was one of my best childhood experiences? (2)
23. What was my favourite vacation? (2)
24. What is one of my favourite ways to be soothed? (4)
25. Who is my greatest source of support (other than you)? (3)
26. What is my favourite sport? (2)
27. What do I most like to do with time off? (2)

28. What is one of my favourite weekend activities? (2)
29. What is my favourite getaway place? (3)
30. What is my favourite movie? (2)
31. What are some of the important events coming up in my life? How do I feel about them? (4)
32. What are some of my favourite ways to work out? (2)
33. Who was my best friend in childhood? (3)
34. What is one of my favourite magazines? (2)
35. Name one of my major rivals or "enemies." (3)
36. What would I consider my ideal job? (4)
37. What do I fear the most? (4)
38. Who is my least favourite relative? (3)
39. What is my favourite holiday? (2)
40. What kinds of books do I most like to read? (3)
41. What is my favourite TV show? (2)
42. Which side of the bed do I prefer? (2)
43. What am I most sad about? (4)
44. Name one of my concerns or worries. (4)
45. What medical problems do I worry about? (2)
46. What was my most embarrassing moment? (3)
47. What was my worst childhood experience? (3)
48. Name two of the people I most admire. (4)
49. Name my major rival or enemy. (3)
50. Of all the people we both know, who do I like the least? (3)
51. What is one of my favourite desserts? (2)
52. What is my social insurance number? (2)
53. Name one of my favourite novels. (2)
54. What is my favourite restaurant? (2)
55. What are two of my aspirations, hopes, wishes? (4)
56. Do I have a secret ambition? What is it? (4)
57. What foods do I hate? (2)
58. What is my favourite animal? (2)
59. What is my favourite song? (2)
60. Which sports team is my favourite? (2)