

LOVE MAPS WORKSHEET

This worksheet will guide you through activities to strengthen your understanding of your partner and enhance emotional intimacy.



Love Maps Worksheet

A love map is a concept that represents how well you know your partner's inner world, including their dreams, likes, dislikes, and experiences. Strong love maps lay the foundation for intimacy, connection, and thriving relationships. This worksheet will guide you through activities to strengthen your understanding of your partner and enhance emotional intimacy.

How Love Maps Strengthen Relationships

1. **Enhances Emotional Connection:** Understanding your partner's inner world fosters closeness.
 2. **Improves Communication:** Knowing your partner's preferences makes conversations more meaningful.
 3. **Strengthens Conflict Resolution:** Awareness of their needs and values helps navigate disagreements.
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Mini-Exercise:

Reflect on how well you know your partner's world.

On a scale of 1–10 (1 = not well, 10 = very well), rate your current understanding.

Love Maps Questions

Use the questions below to explore your partner's inner world. Take turns answering them and sharing your responses.

Personal Preferences

1. What's your favorite way to spend a weekend?
2. What's your comfort food or go-to meal?
3. What's your favorite movie, book, or TV show?

Dreams and Goals

4. What's one thing you want to achieve this year?
5. What's a long-term dream you've always had?
6. If you could live anywhere, where would it be?

Daily Life

7. What's something that makes your day instantly better?
8. What's the most challenging part of your daily routine?
9. What's your favorite time of day and why?

Relationships and Values

10. What do you value most in our relationship?
11. Who has been the most influential person in your life?
12. How can I better support you in our relationship?

Exercise: Build Your Love Map Together

- 1. Choose a Focus Area:**
 - Example: Dreams, daily life, or personal preferences.
- 2. Ask Questions:** Take turns answering 3–5 questions from the list.
- 3. Reflect and Share:** Write down one thing you learned about your partner and how it deepened your connection.

Next Steps:

Make this a regular activity! Set a weekly or monthly check-in to update your love maps as your relationship evolves.