

Love Map

Look over the questions and see what you already know about your partner. For those questions that you are unsure about, plan a time to talk to your partner and ask these questions.

1. Favorite meal
2. Hobbies
3. Two closest friends
4. Worst enemy or rival:
5. Two people most admired:
6. Favorite movie:
7. Favorite TV shows:
8. Favorite kind of animal:
9. Ideal vacation destination:
10. Favorite sports to watch and follow:
11. First thing this person would buy if he or she won the lottery:
12. One thing this person would like to change about you:
13. One thing you could do to improve your relationship with this person:
14. Favorite types of clothes to wear:
15. Least favorite relative:
16. Favorite relative:
17. Favorite holiday:
18. Least favorite holiday:
19. Ideal job:
20. Favorite way to spend evenings at home:
21. Favorite kind of books:
22. Favorite musical group, composer, or instrument:
23. Favorite ways to spend weekends:
24. Toughest problem this person has faced:
25. Favorite restaurants:
26. Favorite magazine:
27. Places or events this person would find most uncomfortable:
28. Most comforting pastime when sick:
29. Saddest life event:
30. Worst life event:
31. Happiest life event:
32. Favorite way to exercise:
33. Ideal birthday present:
34. Two worst fears or disaster scenarios:
35. Best recent day:
36. Worst recent day:
37. Two things that make this person very angry:
38. Current stresses or worries:
39. Best parts of this person's current [Job or school] life:
40. Worst parts of this person's current job or school life:
41. Favorite way to spend time with friends:
42. Favorite way to get over being sad:
43. Best vacation this person ever had:
44. Favorite way to get your attention:
45. Two reasons this person is proudest of himself or herself:
46. Gift this person would give to you for your birthday:
47. Fondest unrealized dream
48. Activity that makes this person feel competent
49. Personal improvements this person wants to make in his/her life
50. Secret ambition

Source: Gottman, J.M. (2001). The Relationship Cure. Three Rivers Press, NY.