

Love Maps – 20 Questions² (For use with couples or families)

This activity is designed to encourage communication and sharing between couples or families. Have individuals answer the questions below about themselves and their partners.

LOVE MAPS – 20 QUESTIONS

Answer the questions below, and then answer the same questions about your partner. Compare answers with your partner. How well do you already know each other? What new things did you learn about each other? Parents and children can get to know each other better by answering some of these questions, too!

Questions about You

1. What is your favorite hobby or way to relax?
2. What is your favorite food?
3. Where do you like to go when you need space to think?
4. What is your favorite ice cream flavor?
5. What is something you are currently worried about?
6. Who is your best friend?
7. Do you prefer dinner out or dinner at home?
8. What is your favorite sport? Have you played the sport?
9. Where did you live when you were growing up?
10. What relative or kin did you feel closest to as a child?
11. If you had a nickname as a child, what was it?
12. Are you a morning person or a night person?
13. If you could go anywhere, where would you go?
14. What is your favorite childhood memory?
15. Do you prefer hugs, gifts, or when your partner says, “Thank you?”
16. What is your favorite TV show? Favorite movie?
17. What song reminds you of your relationship?
18. What is your favorite memory of a date, activity, or moment you and your partner shared?

Questions about Your Partner

1. What is your partner’s favorite hobby or way to relax?
2. What is your partner’s favorite food?
3. Where does your partner like to go when he/she needs space to think?
4. What is your partner’s favorite ice cream flavor?
5. What is something your partner is currently worried about?
6. Who is your partner’s best friend?
7. Does your partner prefer dinner out or dinner at home?
8. What is your partner’s favorite sport? Has he or she every played it?
9. Where did your partner live when he or she was growing up?

² Adapted from Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. New York, NY: Three Rivers Press.

10. What relative or kin did your partner feel closest to as a child?
11. If your partner had a nickname as a child, what was it?
12. Is your partner a morning person or a night person?
13. If your partner could go anywhere, where would he or she go?
14. What is your partner's favorite childhood memory?
15. Does your partner prefer hugs, gifts, or to hear "Thank you?"
16. What is your partner's favorite TV show? Favorite movie?
17. What song reminds your partner of your relationship?
18. What is your partner's favorite memory of a date, activity, or moment you and your partner shared?

