



LOVE MAPS

Building Deep Knowledge & Emotional Connection

Based on the work of Dr. John Gottman

What Are Love Maps?

A Love Map is your internal understanding of your partner's world. Strong Love Maps = Strong Emotional Intimacy.

It includes knowing:

<ul style="list-style-type: none"> • Their current stresses • Their hopes and dreams • Their likes and dislikes 	<ul style="list-style-type: none"> • Important people in their life • What they're excited about 	<ul style="list-style-type: none"> • What they're worried about • How they've been feeling lately
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"Let each of you look not only to his own interests, but also to the interests of others." Philippians 2:4

When couples stop updating their Love Maps, they begin to feel distant, misunderstood, or alone in the relationship.

Why Love Maps Matter

Research shows that couples who regularly update their Love Maps:

<ul style="list-style-type: none"> • Feel more emotionally connected • Handle conflict more effectively 	<ul style="list-style-type: none"> • Feel more secure in the relationship • Maintain stronger friendship and intimacy
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Friendship is the foundation of lasting love. *"Love one another with brotherly affection. Outdo one another in showing honor."* Romans 12:10

Signs Your Love Maps Need Updating

<ul style="list-style-type: none"> • "I didn't know you were feeling that way." • Conversations feel surface-level. • You feel emotionally distant. 	<ul style="list-style-type: none"> • You're surprised by your partner's stress or reactions. • You assume instead of ask.
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"Everyone should be quick to listen, slow to speak and slow to become angry." — James 1:19

How to Build & Update Love Maps

1. Ask Open-Ended Questions - Focus on curiosity, not fixing.

Examples:

<ul style="list-style-type: none"> • What's been on your mind lately? • What's stressing you out right now? 	<ul style="list-style-type: none"> • Is there anything you've been needing from me? • What's something I may not know about how you've been feeling?
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"A gentle answer turns away wrath, but a harsh word stirs up anger." — Proverbs 15:1

2. Practice Daily Micro-Check-Ins

Phones away. No multitasking. Spend 10–20 minutes each day asking about:

• One high from the day	• One low from the day	• One thing they're thinking about
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"Be devoted to one another in love. Honor one another above yourselves." — Romans 12:10

3. Know the Big Areas of Your Partner's World

Make sure you know:

<ul style="list-style-type: none">• Their current biggest stressor• Their current biggest goal• Their closest friends right now• A recent disappointment	<ul style="list-style-type: none">• Something they're worried about• Something they're proud of• Something they're excited about
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If you can't answer several of these, it's time for a Love Map date. *"Carry each other's burdens, and in this way you will fulfill the law of Christ."* — Galatians 6:2

Love Map Date Night Exercise

Set aside 30–45 minutes. Take turns asking each other:

<ul style="list-style-type: none">• What is currently bringing you the most joy?• What feels heavy in your life right now?• Is there a dream you haven't shared with me lately?	<ul style="list-style-type: none">• What does support from me look like right now?• What is something you wish I understood better about you?
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Guidelines:

- No interrupting
- No problem-solving unless requested
- Reflect back what you heard

"Be completely humble and gentle; be patient, bearing with one another in love." — Ephesians 4:2

Reflection

On a scale of 1–10:

- How well do I know my partner's inner world right now?
- How known do I feel by my partner?
- What is one small step I can take this week to deepen our Love Map?

"Above all, love each other deeply, because love covers over a multitude of sins." — 1 Peter 4:8

Remember

Emotional intimacy is built through attention, curiosity, and consistency. Friendship is not automatic, it's intentional.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." — Ecclesiastes 4:9-10

The Road to Deeper Connection

You are not trying to "arrive" at perfect understanding.

You are choosing to stay curious and keep traveling toward one another.

