Love Maps

Strengthen friendship by staying curious about your partner's inner world.

What is a love map?

- A love map is your working knowledge of your partner's experiences, preferences, stressors, hopes, relationships, and changing inner world.
- The goal is not to quiz or test one another. It is to ask with warmth, listen without correcting, and update what you know over time.

Questions to explore

- What has been taking up the most mental space for you lately?
- What are you looking forward to, and what are you worried about?
- Who are the important people in your life right now?
- What helps you feel supported when you are stressed?
- What is one goal or dream you want us to understand better?
- What has changed recently in your preferences, routines, or priorities?
- What is something small that has brought you joy this week?
- What would make this week feel more connected?

A helpful rhythm

- Choose two or three questions at a time. Let each person answer fully, ask one curious follow-up, and reflect back what you heard before switching roles.

Practice worksheet

Something new I learned about my partner:

A stressor I want to respond to with greater care:

A dream, preference, or priority I want to remember:

One small action that could strengthen our friendship this week:

This handout is educational and is not a substitute for individualized assessment or treatment. If you are in immediate danger, call 911. In the United States, call or text 988 for crisis support.

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