



The LastingLoveConnection Intimacy Game

Here's What the Happiest Couples Do

Leading research done by Drs. John and Julie Gottman at the University of Washington found that the happiest couples are great at *love mapping*.

A love map is your guide to your partner's internal world: it's how you know his dreams, her favorite foods, his best friends and her fears. Happy couples constantly update the love maps for their partner.

The more up-to-date this information, the tighter their bond.

Love mapping is simple, but many of us are so busy that we forget to do it. After a few years, it's easy to assume our partner is the same person with the same internal world as when we first met.

But that's not the case. Our partner changes on a daily basis.

When you've been with your partner for years, it can be hard to stay up to date on all those changes. The Love Map Game can help.

Try the game out, then visit: www.LastingLoveConnection.com for more tips.

The Intimacy Game to help You Love Map

Directions:

1. Read the question out loud to your partner.
2. Let your partner answer the question. Their answer is based on what they know about, that information may have changed since they last learned this information.
3. If your partner gets the answer right, congratulate them. If they answer incorrectly, get excited because the object of the game is to get

to know each other better. Tell them the answer you would give so they can enter your world on a deeper level.

4. Alternate asking each other questions. Once you've done the full round, change who starts so you can ask each other all the questions.

~ Love Map Questions ~

♡ What is my favorite food?

♡ Who are my two best friends?

♡ What does my family like to do to celebrate Christmas?

♡ What is my favorite Holiday?

♡ What was I wearing when we first met?

♡ What is my favorite memory of us?

♡ When I get home from work, what is my favorite way to be greeted?

♡ Where is my favorite place to be touched?

♡ What am I most proud of?

- ♡ What is an area of growth I am currently working on?
- ♡ What was my most embarrassing moment as a child?
- ♡ As a child how did my parents show me they were proud?
- ♡ As a child how did my parents show me they were upset?
- ♡ Do I believe we can communicate with those who have passed away?
- ♡ Who was my childhood hero?
- ♡ Do I believe I was born for a purpose?
- ♡ What do I believe is my purpose for living?
- ♡ What is my favorite place to go when I am stressed out?
- ♡ What is my preferred love language? (options include: Touch, Gifts, Time Together, Compliments, Having Nice Things Done for Me)
- ♡ What is my favorite book?

♡ What is my favorite type of date?

~One last tip~

If you get a lot of answers right, try digging a little deeper. Maybe you know that your partner loves a certain song, but you don't know why, or what made her love that type of music so much. Try digging.