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Love Map Exercise #2

Build a Map of Your Partner's Everyday Life

Purpose: Couples generalize the building of their Love Maps into everyday interactions.

Use the attached form in an exercise in which you have to interview one another to fill out the form. This is something you could do regularly on dates.

Instructions: Each partner takes his or her own copy of Build a Map of Your Partner's Everyday Life (Attached). Each partner takes a turn answering out loud each question in the following list in terms of their partner's world. For example for "Friends?" Partner "A" names those people who he or she thinks are Partner "B's" friends. If the answer is right, Partner "A" writes down the answers on his or her sheet. If the other partner corrects the answer, Partner "A" writes down the corrected answer instead. Take turns answering each item, offering corrections and writing answers on their sheet. No advice-giving, please.

Homework: Find one way of making contact mentally every day when you are apart. Have this be based on your knowledge of what is going on in your partner's life that day. Talk about your day at the end of the day.

Build a Map of Your Partner's Everyday Life

Instructions: Ask questions and fill in the list below for your partner.

Who are your friends?

Who are your potential friends?

Who are your rivals, competitors, enemies?

What are some recent important events (what has occurred recently that is important)?

What are some upcoming events (what are some current stresses in your partner's life right now)?

What are your big worries (what is your partner worried about; we worry about future events)?

What are your hopes and aspirations (for self, for others)?