

# Love Map Deep Dive

*Mastering the Details of Each Other's Inner World*

## Overview

The Love Map Deep Dive is a 2-3 hour comprehensive exercise based on Dr. John Gottman's concept of "love maps" - the detailed knowledge you have of your partner's inner world. Couples with rich love maps know the details of each other's lives, dreams, worries, and histories. This deep knowing creates intimacy, makes partners feel valued, and provides the foundation for lasting connection. Even couples together for decades discover new information during this exercise.

## What Are Love Maps?

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## Why Love Maps Matter

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## The Love Map Deep Dive Process

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## **Domain 1 - Current Life (15-20 minutes)**

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## **Domain 2 - Dreams & Aspirations (15-20 minutes)**

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## **Domain 3 - Origins & History (20-30 minutes)**

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## **Domain 4 - Values & Beliefs (15-20 minutes)**

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## **Domain 5 - Us & Our Relationship (10-15 minutes)**

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## **The Art of Deep Listening During Interviews**

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## **After the Deep Dive**

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## **Maintenance - Keeping Love Maps Current**

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