



Reestablishing Connections Therapy *Relationship Building Exercise*

Love Maps: A Christ-Centered Connection Game

Purpose

This game is designed to deepen emotional intimacy, spiritual connection, friendship, and physical closeness within marriage. Rooted in Christian psychology, the Gottman Method, and Emotionally Focused Therapy (EFT), it reflects the biblical call to *know, cherish, and pursue one another in love* (Philippians 2:2–4; Ephesians 5:21).

Think of this experience as drawing a living map of your spouse’s inner world—their past, present, hopes, fears, attachment needs, love language, and longings. As you play, you are practicing:

- Turning toward each other instead of away (Gottman)
- Creating emotional safety and secure attachment (EFT)
- Loving with intentional, Christlike presence

Play in a spirit of joy, grace, laughter, humility, curiosity, and prayer. This is not about perfection—but about attunement, safety, and presence

How to Play

1. Each spouse needs a pen and a piece of paper.
2. Choose 20 questions at a time from the list below (or all 61 if you want a longer date night).
3. Write the question numbers (1–20 or 1–61) in a column on your paper.
4. Match each number with its corresponding question.
5. Before speaking, both partners write their answers privately.
6. Take turns asking, answering aloud, and comparing responses.
7. Points are determined by the accuracy of what was written, with grace as the standard.

Gottman Tip: Treat each question as a bid for connection. Eye contact, warmth, and curiosity matter more than speed.

Scoring & Grace Rules

- If your partner answers correctly (*you decide—extend grace!*):
 - They earn the points listed next to the question.
 - You earn 1 point for asking with care and attentiveness.

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Reestablishing Connections Therapy *Relationship Building Exercise*

- If the answer is incorrect:
 - No points are awarded, but laughter, curiosity, and repair still count.
- Tally your points at the end of each 20-question round.

Reminder: Even if one person “wins,” true victory is knowing and being known.

Winning & Losing (Servant-Heart Edition)

At the end of the round:

- The person with the most points wins.
- The loser joyfully serves the winner by doing one intentional act chosen by the winner, rooted in the winner’s primary love language.

Examples:

- A meaningful act of service
- A heartfelt affirmation or prayer
- Quality time without distractions
- A thoughtful gift or surprise
- Appropriate, affectionate physical touch

“Serve one another humbly in love.” – Galatians 5:13

This transforms “losing” into an opportunity to practice **Christlike, agape love**.

Game Reflection (Optional but Powerful)

After each round, briefly discuss:

- What surprised you?
- What made you feel seen or understood?
- How can you love each other better this week?

The 5 Love Languages (Gary Chapman) — Brief Summary

Understanding love languages helps couples love **intentionally rather than accidentally**.

1. Words of Affirmation

Love is felt through spoken or written encouragement, appreciation, praise, and prayer.

Biblical tie: “Encourage one another and build each other up.” (1 Thess. 5:11)

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Reestablishing Connections Therapy *Relationship Building Exercise*

2. **Quality Time**

Love is experienced through undivided attention, presence, deep conversation, and shared moments.

Biblical tie: Jesus frequently withdrew to be fully present with others.

3. **Acts of Service**

Love is expressed through helpful actions—doing something meaningful to lighten your partner’s load.

Biblical tie: Jesus washing the disciples’ feet (John 13).

4. **Receiving Gifts**

Love is symbolized through thoughtful, intentional gifts that communicate “I saw you and thought of you.”

Biblical tie: The Magi’s gifts to Jesus—symbolic, intentional, and honoring.

5. **Physical Touch**

Love is felt through appropriate affection—hugs, holding hands, closeness, and comforting touch.

Biblical tie: Jesus often healed and comforted through touch.

Key Insight: Loving someone in *their* language reflects emotional maturity and Christlike selflessness.

Opening Prayer:

Heavenly Father,

We come before You with gratitude for the gift of this marriage.

Thank You for choosing us for one another and for sustaining us through every season—joyful, challenging, tender, and refining.

Lord, as we begin this time together, we invite Your presence into our hearts, our conversation, and our connection.

Help us slow down, set aside distractions, and turn fully toward one another—just as You turn toward us with compassion and love.

Create a space of emotional safety between us.

Soften any defenses, pride, or fear that might keep us from being open.

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Give us the courage to be honest, the humility to listen well, and the grace to respond with kindness.

Teach us to see one another with fresh eyes—not through the lens of past hurt, stress, or unmet expectations, but through the lens of Your redeeming love.

Help us remember that we are on the same team, bonded in covenant, learning how to love more deeply and faithfully.

Holy Spirit, guide our words and our tone.

Help us attune to one another's hearts, emotions, and needs.

When we laugh, let it be joyful.

When we share tender things, let it be sacred.

When we miss the mark, teach us how to repair quickly and lovingly.

Jesus, be the center of this moment.

Build our friendship, strengthen our attachment, and renew our desire for one another—emotionally, spiritually, and physically.

May this time draw us closer not only to each other, but closer to You.

We offer this game, this conversation, and this marriage into Your hands.

In Your holy and loving name we pray,

Amen.

And now, it's time to play!

Ask and answer questions the following questions and write them on your own papers:

1. What recent experience brought your partner joy? (5)
2. What spiritual goal is your partner pursuing? (5)
3. What's my go-to genre or artist when I want to feel good? (Afrobeats, Soca, Gospel, R&B, etc.) (2)
4. What was I wearing, how was my hair styled the first time, describe my fit when we first met? (2)

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5. What hobby or passion do I wish I had more time for? (3)
6. Where was I born and raised (or where do I claim)? (1)
7. What's been weighing on my mind lately? (4)
8. Describe something meaningful or funny I did in the last 24 hours. (4)
9. When's my birthday? (1)
10. What date do we consider our anniversary or the moment it got real between us? (1)
11. Who in my family do I connect with most? (2)
12. What dream have I not yet fulfilled but still carry in my heart? (5)
13. What's my favorite type of flower or plant, do I even have one (bonus if it's from the islands or Africa)? (2)
14. What fear or worst-case scenario really gets to me? (3)
15. What time of day do I feel most alive or at peace? (3)
16. What makes me feel fully seen, heard, or grounded? (4)
17. What's something non-physical that deeply attracts me? (3)
18. If I could eat one meal right now, what would it be? (2)
19. What's one of my favorite ways to unwind in the evening? (2)
20. What's my favorite color or the color that shows up most in my wardrobe? (1)
21. What personal change or growth am I working on right now? (4)
22. If you were shopping for me, what kind of gift would light me up? (2)
23. Share a core memory from my childhood that brings me joy. (2)

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24. What trip or getaway has meant the most to me so far? (2)
25. How do I like to be comforted or shown care when I'm stressed? (4)
26. Besides you, who's my ride-or-die support system? (3)
27. What sport, dance style or cultural performance do I love watching or doing? (2)
28. What's something I love to do when I have a full day off? (2)
29. What's a weekend activity that always recharges me? (2)
30. If we could pack a bag right now, where would I want to go? (3)
31. What movie always hits home or makes me feel nostalgic? (2)
32. What's coming up in my life that I'm hopeful, nervous, or excited about? (4)
33. How do I like to stay active or move my body (if at all)? (2)
34. Who was a major influence or best friend in my childhood? (3)
35. What YouTube channel, podcast, or IG page do I love right now? (2)
36. Who (or what) challenges me or pushes my buttons the most? (3)
37. What's my dream role, hustle, or job—even if I've never said it out loud? (4)
38. What keeps me up at night sometimes? (4)
39. What family member do I struggle most to connect with? (3)
40. What holiday or celebration means the most to me? (2)

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41. What kind of books or stories feed my soul? (3)
42. What's a TV show I could binge without getting bored? (2)
43. Am I left-handed or right-handed? (2)
44. What has been making me feel heavy emotionally? (4)
45. What's one of my current fears or worries? (4)
46. What's a health or wellness concern I sometimes think about? (2)
47. What's one moment I found really embarrassing (but funny now)? (3)
48. What's a difficult or traumatic childhood experience I've shared with you? (3)
49. Name two people I deeply admire or look up to. (4)
50. Who or what do I lowkey compete with or feel challenged by? (3)
51. Of everyone we know, who do I avoid the most? (3)
52. What's a dessert or treat I can never resist? (2)
53. What's my favorite local restaurant or food spot? (2)
54. Name one book, novel, or memoir I've recommended. (2)
55. If I could eat from one restaurant for a week, which would it be? (2)

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56. What are two dreams or hopes I've shared with you? (4)
57. Do I have a secret goal or plan I haven't fully pursued yet? (4)
58. What food or dish do I absolutely avoid? (2)
59. What's an animal or creature I love (or am afraid of)? (2)
60. What's a song that always makes me move—or feel something deep? (2)
61. Which sports team, artist, or public figure do I follow faithfully? (2)

Gottman & EFT Connection Boosters (Fun + Intimate)

Use one or two of these between rounds or at the end of the game:

1. Fondness & Admiration Pause (Gottman)

Each spouse completes this sentence aloud:

- “One thing I admire about you right now is...”
- “One way you make me feel safe, or loved, or cherished and honored is...”

(TIP: Hold hands and make eye contact while sharing)

2. Attachment Check-In (EFT Style)

Answer together:

- “I feel most connected to you when...”
- “One thing I need more of from you emotionally is...”

Respond with:

“Thank you for trusting me with that.”

3. Turn-Toward Touch

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After a meaningful question:

- Pause for **20–30 seconds of physical connection**
(holding hands, hugging, sitting close, gentle touch)

This reinforces emotional safety through the body.

Closing Prayer:

Gracious God,

Thank You for meeting us here.

Thank You for the laughter, the insight, the tenderness, and the moments of connection we shared.

Thank You for reminding us that our marriage is not just a relationship but a sacred covenant held by You.

Lord, help us carry what we've learned into our daily lives.

Let the understanding we gained today shape how we speak, how we listen, and how we respond to one another.

Teach us to continue turning toward each other with intention, especially when life feels busy, stressful, or overwhelming.

Where we felt seen and known, let that deepen our bond.

Where something tender or difficult was revealed, cover it with Your grace.

Heal any places of distance, misunderstanding, or hurt, and help us choose intimacy and closeness *daily*.

Strengthen our emotional connection.

Deepen our friendship.

Renew our desire and affection for one another.

Help us love not only in the ways that feel natural to us, but in the ways our spouse needs most.

Jesus, help us reflect Your love in our marriage, a love that is patient and kind, humble and forgiving, passionate and faithful.

As we leave this time, may our home be filled with peace, laughter, safety, and intimacy.

Guard our marriage, guide our hearts, and continue shaping us into a living testimony of Your love.

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We place our union, our future, and our vows once again in Your hands. In the name of the Father, the Son, and the Holy Spirit, Amen.



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