

Love Maps Questionnaire

*Adapted from John Gottman,
The Seven Principles for Making Marriage
Work*

By giving honest answers to the following questions, you will get a sense of the quality of your current love maps. For the most accurate reading of how your marriage is doing on this first principle, both of you should complete the following.

Read each statement and circle T for "true" or F for "false."

1. I can name my partner's best friends. **T F**
2. I can tell you what stresses my partner is currently facing. **T F**
3. I know the names of some of the people who have been irritating my partner lately. **T F**
4. I can tell you some of my partner's life dreams. **T F**
5. I am very familiar with my partner's religious beliefs and ideas. **T F**
6. I can tell you about my partner's basic philosophy of life. **T F**
7. I can list the relatives my partner likes the least. **T F**
8. I know my partner's favourite music. **T F**
9. I can list my partner's three favourite movies. **T F**
10. My spouse is familiar with my current stresses. **T F**
11. I know the three most special times in my partner's life. **T F**
12. I can tell you the most stressful thing that happened to my partner as a child. **T F**
13. I can list my partner's major aspirations and hopes in life. **T F**
14. I know my partner's major current worries. **T F**
15. My spouse knows who my friends are. **T F**
16. I know what my partner would want to do if he or she suddenly came into a lot of money. **T F**
17. I can tell you in detail my first impressions of my partner. **T F**
18. Periodically I ask my partner about his or her world right now. **T F**
19. I feel that my partner knows me pretty well. **T F**
20. My spouse is familiar with my hopes and aspirations. **T F**

Scoring: Give yourself one point for each "true" answer.

10 or above: This is an area of strength for your marriage. You have a fairly detailed map of your spouse's everyday life, hopes, fears, and dreams. You know what makes your spouse "tick."

Below 10: Your marriage could stand some improvement in this area. Perhaps you never had the time or the tools to really get to know each other. Or perhaps your love maps have become outdated as your lives have changed over the years. In either case, by taking the time to learn more about your spouse now, you'll find your relationship becomes stronger.

Gottman Love Maps Questionnaire

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Gottman Love Maps Questionnaire:

Dating and Mating in a Techno-Driven World Rachel Hoffman, 2018-01-25 Authored by a sex therapist who regularly works with clients wanting to improve their relationships this book explains how technology can create conflict or additional anxiety and discloses techniques to help individuals gain confidence or strengthen their personal relationships The statistics are telling 85 percent of all adults use the Internet 88 percent use email 91 percent own cell phones 56 percent own smartphones 73 percent send and receive text messages and 67 percent use social networking sites The advent of personal communication devices and ubiquitous connectivity has dramatically shifted the way we communicate and as a result the way we date and pursue relationships has changed The share of 18 to 24 year olds who use online dating has roughly tripled from 10 percent in 2013 to 27 percent today Modern dating techniques and technology enabled interpersonal communication have resulted in very distinct emotional side effects Dating and Mating in a Techno Driven World explores dating in our 21st century world with a unique approach providing understandable information for anyone who is dating or seeking a long term relationship while also serving as a clinical guide for therapists who want to learn how to treat individuals and especially couples presenting with some sort of issue related to technology Instead of simply offering an analysis of the trends that are occurring author Rachel Hoffman addresses the interpersonal problems and conflicts that result from digital or remote communication and courting and explains how to treat them The topics addressed include utilizing dating apps the effects of social media on relationships and how technology can be distracting in relationships Each chapter of the book supplies a case study or vignette an analysis of the situation research findings related to the topic and clinical information that identifies the implications for therapists working with individuals or couples with a similar experience

Becoming a Marriage and Family Therapist Eugene Mead, 2013-01-29 Becoming a Marriage and Family Therapist is a practical how to guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room Readers will learn how to apply empirically based methods to the core tasks of therapy in order to improve competency establish effective supervision and deliver successful client outcomes A practical guide to improving competency across the core tasks of therapy based on over 40 years of observation and teaching by an internationally acclaimed author Presents treatment protocols that show how to apply therapy task guidelines to a range of empirically supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation and family violence with children elders and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas to build competence and successful delivery

The Family Systems Test (FAST) Thomas M. Gehring, Marianne Debry, Peter K. Smith, 2013-02-01 Cutting edge international research in the use of The Family Systems Test FAST which is a new approach to family psychology It will therefore be essential to all clinicians who use the FAST and those planning to or considering using it Discusses applications of the FAST in developmental and cross cultural psychology so of interest to wider community

of social and developmental psychologists Bridges the gap between clinicians and researchers with an approach that integrates evaluation and intervention *Summary of The Seven Principles for Making Marriage Work*
QuickChapters,2025-07-21 What makes love last and what quietly tears it apart In The Seven Principles for Making Marriage Work renowned relationship expert Dr John Gottman distills decades of groundbreaking research into a practical science based guide for building lasting intimacy and connection This chapter by chapter summary captures Gottman s core discoveries about the behaviors that predict marital success or failure with startling accuracy Alongside co author Nan Silver Gottman outlines seven essential principles from nurturing fondness and admiration to managing conflict constructively that help couples strengthen their bond and navigate challenges with greater empathy and understanding Whether you re newly married in a long term relationship or simply looking to deepen your emotional connection this summary provides clear takeaways and actionable tools drawn from the Gottman Institute s most influential research Disclaimer This is an unofficial summary and analysis of The Seven Principles for Making Marriage Work by John Gottman Ph D and Nan Silver It is designed solely to enhance understanding and aid in the comprehension of the original work *The Seven Principles for Making Marriage Work* John Gottman, Ph.D.,2002-02-04 Just as Masters and Johnson were pioneers in the study of human sexuality so Dr John Gottman has revolutionized the study of marriage As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute he has studied the habits of married couples in unprecedented detail over the course of many years His findings and his heavily attended workshops have already turned around thousands of faltering marriages This book is the culmination of his life s work the seven principles that guide couples on the path toward a harmonious and long lasting relationship Straightforward in their approach yet profound in their effect these principles teach partners new and startling strategies for making their marriage work Gottman helps couples focus on each other on paying attention to the small day to day moments that strung together make up the heart and soul of any relationship Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved Packed with questionnaires and exercises whose effectiveness has been proven in Dr Gottman s workshops The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential The Seven Principles for Making Marriage Work is the result of Dr John Gottman s many years of closely observing thousands of marriages This kind of longitudinal research has never been done before Based on his findings he has culled seven principles essential to the success of any marriage Maintain a love map Foster fondness and admiration Turn toward instead of away Accept influence Solve solvable conflicts Cope with conflicts you can t resolve Create shared meaning Dr Gottman s unique questionnaires and exercises will guide couples on the road to revitalizing their marriage or making a strong one even better

The Marriage Clinic John M. Gottman,2016-12-19 The Marriage Clinic presents a complete marital therapy program

based on John Gottman's much heralded research on marital success and failure. Here one will find not only a wide range of succinct and useful assessment procedures but also a highly specific research-based and modularized treatment program. In addition, there are dozens of questionnaires and interview protocols to be used in both assessment and intervention. In prospective long-term research with over 700 couples, Gottman has discovered certain factors that distinguish happy stable couples from both unstable ultimately divorcing couples and stable but unhappy couples. These findings, which are explained here in understandable nontechnical language, form the basis of his Sound Marital House theory of marriage, which guides the new therapy. This therapy has two goals: changing the marital friendship and teaching couples to regulate conflict. Despite the high aims of much marital therapy, Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called perpetual problems. He shows how therapists can help spouses move from gridlock to dialogue on these issues. Solvable problems can be resolved more easily when the couple has a strong marital friendship. He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship: softened start-up, accepting influence, repair, and de-escalation, compromise, and physiological soothing. Gottman compares his clinic to a restaurant where clients are offered a menu of treatment formats from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship. Therapists too can choose among the questionnaires and strategies for those that fit the needs of particular couples. Whatever their choice, they will find that their practice is greatly enriched by the scientifically based offerings of The Marriage Clinic.

Changing Roles for a New Psychotherapy John G. Miller, 2013-02-15. Psychotherapy is not a one-size-fits-all approach. As author John Miller describes in *Changing Roles for a New Psychotherapy*, all theoretical orientations have their uses and merits in different situations and with different clients. Through a varied personal life and professional career in which he developed a creative psychotherapeutic approach that allows the adaptation of diverse roles with clients, Dr. Miller has gained insights through working in academia, the sciences, management consulting, and a state hospital. He applies these insights along with those he gained working various summer jobs to take readers beyond the standard medical model of diagnosis and treatment by drawing on the roles of other professionals. He examines 11 different occupations and explores how the insights gained in each field can enhance therapeutic possibilities. How does cooking relate to psychotherapy? Can accounting change the way psychotherapy is performed? Read on to find out.

The Marriage Clinic Casebook Julie Schwartz Gottman, 2016-12-12. The Marriage Clinic Casebook bridges the gap between the powerful theory behind Gottman Method Couples Therapy and the unique application of therapeutic principles to real-life cases. Covering a broad range of couples as well as a variety of relational problems, this casebook is a resource for clinicians who want practical guidance for putting the powerful Gottman method to work.

The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 2015-05-05. NEW YORK TIMES BESTSELLER. Over a million copies sold. An eminently practical guide to an emotionally intelligent and long-lasting marriage. Daniel

Goleman author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand repair and strengthen marriages John Gottman s unprecedented study of couples over a period of years has allowed him to observe the habits that can make and break a marriage Here is the culmination of that work the seven principles that guide couples on a path toward a harmonious and long lasting relationship Straightforward yet profound these principles teach partners new approaches for resolving conflicts creating new common ground and achieving greater levels of intimacy Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem whether dealing with issues related to sex money religion work family or anything else Packed with new exercises and the latest research out of the esteemed Gottman Institute this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential [Summary of Julie Schwartz Gottman & John M. Gottman's 10 Principles for Doing Effective Couples Therapy \(Norton Series on Interpersonal Neurobiology\)](#) Everest Media,2022-04-26T22:59:00Z Please note This is a companion version not the original book

Sample Book Insights

- 1 The history of the psychotherapy field is one of scientific study In the 1950s and 1960s many brilliant thinkers including Fritz Perls R D Laing B F Skinner and Albert Ellis broke free of Freudian constraints and created new therapies that focused on the here and now instead of the there and then
- 2 The cornerstones of family therapy were the ideas of reciprocity and venting which were based on the theory that healthy marriages are those where one partner responds to the other s good behavior with his or her own good behavior in turn But research has shown that airing resentments doesn t reduce anger it increases it
- 3 The idea that emotion is the enemy that mucks up the marital work of problem solving is a myth In fact emotions are central to problem solving Without access to our emotions our rational processes are handicapped and we become little better than a conglomeration of arbitrary and random behaviors
- 4 John had a colleague Robert Levenson who was also studying relationships They teamed up to study couples and found that it was extremely difficult to observe reliable patterns of behavior in just one person But when they studied interactions in pairs they found extremely reliable patterns

Race and Social Change Max Klau,2017-02-02 A powerful study illuminates our nation s collective civic fault lines Recent events have turned the spotlight on the issue of race in modern America and the current cultural climate calls out for more research education dialogue and understanding *Race and Social Change A Quest A Study A Call to Action* focuses on a provocative social science experiment with the potential to address these needs Through an analysis grounded in the perspectives of developmental psychology adaptive leadership and complex systems theory the inquiry at the heart of this book illuminates dynamics of race and social change in surprising and important ways Author Max Klau explains how his own quest for insight into these matters led to the empirical study at the heart of this book and he presents the results of years of research that integrate findings at the individual group and whole system levels of analysis It s an effort to explore one of the most controversial and deeply divisive subject s in American civic life using the tools of social

science and empiricism Readers will Review a long tradition of classic provocative social science experiments and learn how the study presented here extends that tradition into new and unexplored territory Engage with findings from years of research that reveal insights into dynamics of race and social change unfolding simultaneously at the individual group and whole systems levels Encounter a call to action with implications for our own personal journeys and for national policy at this critical moment in American civic life At a moment when our nation is once again bitterly divided around matters at the heart of American civic life Race and Social Change A Quest A Study A Call to Action seeks to push our collective journey forward with insights that promise to promote insight understanding and healing **The Better Human Blueprint** Pete

Cooper,2024-10-24 Are you tirelessly climbing the ladder of life and career only to discover it s leaning against the wrong wall If you find yourself in a cycle of achievements without lasting fulfilment it s time to seek true satisfaction From young professionals to seasoned leaders this is a universal quest But what if you could align every aspect of your life both personal and professional with your authentic values and purpose The Better Human Blueprint is your practical guide to personal transformation Organisational psychologist Pete Cooper leverages extensive research and a career dedicated to individual growth to guide you towards living a life of intention and meaning while thriving in a world of work that values comparison over contentment It s not just a great read it s a profound journey of self discovery that will redefine what success means to you Equipped with profound insights and actionable advice you ll learn to Establish meaningful foundations by identifying and cementing your core values and purpose setting a direction that deeply resonates with you Align your actions and decisions to bridge the gap between your daily activities and your long term goals Nurture deep supportive relationships that enrich and accelerate your journey towards personal fulfilment With The Better Human Blueprint as your companion embark on a path promising meaningful success in your career alongside deep satisfaction in a fulfilled life well lived **10**

Principles for Doing Effective Couples Therapy Julie Schwartz Gottman,John M. Gottman,2015-10-26 From the country s leading couple therapist duo a practical guide to what makes it all work In 10 Principles for Doing Effective Couples Therapy two of the world s leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice They have been doing couples work for decades and still find it challenging and full of learning experiences This book distills the knowledge they ve gained over their years of practice into ten principles at the core of good couples work Each principle is illustrated with a clinically compiled case plus personal side notes and storytelling Topics addressed include You know that you need to treat the relationship but how are you supposed to get at something as elusive as a relationship How do you empathize with both clients if they have opposite points of view Later on if they end up separating does that mean you ve failed Are you only successful if you keep couples together Compared to an individual client a relationship is an entirely different animal What should you do first What should you look for What questions should you ask If clients give different answers who should you believe What are you supposed to do with all the emotional and

personal history that your clients stir up in you How can you make your work research based No one who works with couples will want to be without the insight guidance and strategies offered in this book **The New Marriage Clinic** John M. Gottman, Julie Schwartz Gottman, 2024-07-09 The widely celebrated research based marital therapy program now updated and revised The highly influential book The Marriage Clinic presented a complete marital therapy program based on John Gottman's much heralded research on marital success and failure Since then Dr Gottman has collaborated with his wife clinical psychologist Dr Julie Gottman to conduct their well known Love Lab studies allowing the pair to design a highly successful couples workshop and develop their Sound Relationship House theory Now in the book's first ever revision Dr Gottman and Dr Gottman incorporate the results of their studies and their most powerful interventions In addition to its original celebrated marital therapy program The New Marriage Clinic includes findings on the dynamics of same sex couples interventions for couples recovering from situational domestic violence strategies for couples rebuilding their marriages after an affair and much more No relational therapist's bookshelf is complete without this vital update to the groundbreaking guide on marital therapy **Comprehensive Handbook of Psychotherapy, Cognitive-Behavioral Approaches** Florence W. Kaslow, Terence Patterson, 2004-01-30 Now available in paperback The Cognitive Behavioral Functional model is a landmark that combines established and cutting edge authors and issues as well as integrating material for both novice and experienced theorists researchers and practitioners In this volume international authors many of whom are pioneers in their approach illustrate issues clearly and apply them to diverse populations Chapters in supervision and ethical issues provide unique and valuable perspectives Handbook of Online Systemic Therapy, Supervision, and Training Maria Borcsa, Valeria Pomini, 2025-08-20 This handbook examines digital systemic psychotherapy and counseling for individuals couples families and groups It addresses online supervision for professionals working in mental health services as well as online training in systemic family and couple therapy The handbook explores the dramatic changes in the use of digital technology since the COVID 19 pandemic It provides a theoretical perspective on the impact of digital technology on family life as well as therapeutic work The volume offers state of the art practical recommendations to trainees therapists supervisors and trainers for implementing online systemic practices Key areas of coverage include Therapeutic alliance in online systemic therapy Online systemic therapy with individuals presenting psychological difficulties as well as families of adolescents with mental health issues Online couples therapy Online systemic group therapy with oncology patients Online multifamily group therapy with youths facing psychotic symptoms Online systemic supervision with individuals and teams Online training in systemic couple and family therapy Methods and guidelines for online systemic practices The Handbook of Online Systemic Therapy Supervision and Training is a must have resource for researchers professors and graduate students as well as clinicians therapists and other professionals in clinical psychology family studies psychotherapy social work public health and all interrelated disciplines Family Psychology William M. Pinsof, Jay L. Lebow, 2005-09 Family Psychology The Art of the

Science moves the field of family psychology toward greater scientific sophistication and excellence by bringing together some of the best researchers in family psychology and giving them the opportunity to reflect together on the state of their research. This book is composed of five developmentally informed mini books or manuals on major areas of great social and health relevance: marriage, depression, divorce, and remarriage; partner violence and families; and physical health. Each manual critically examines the existing research in its area, systematically illuminating new directions for future research and discussing a wide range of relevant issues and diverse populations. Family Psychology provides the next generation of theorists, researchers, and therapists with an in-depth and fresh look at the paths that have already been traveled as well as the paths that remain to be explored. Family Psychology is an indispensable companion for scientists and practitioners interested in a road map for family psychology. The reflections of the top researchers in each area will sharpen the research knowledge and expertise of scientists and practitioners in these and related areas. For younger and more experienced researchers as well as for those contemplating entering the field, the authors point to pathways and strategies for unraveling the key challenges in each area, offering well-researched and compelling insights to guide future investigation. BOOK JACKET

Therapy for Relationships with Eating Disorders Kim Lampson, 2024-12-03 A groundbreaking new resource for treating eating disorders. Effective eating disorder treatment modalities for adults continue to elude practitioners, and the rates of eating disorder relapse remain staggeringly high. Meanwhile, a vital resource for people with eating disorders remains unexplored: their romantic relationships. Tapping into this largely ignored vein of support, Gottman RED Relationships with Eating Disorders is a new therapy for couples in which one or both partners have an eating disorder. Built upon a foundation of traditional Gottman Method Couples Therapy interventions, Gottman RED adds fourteen new interventions designed specifically to help couples address difficult issues related to food, weight, body image, and exercise. These interventions encourage conversations characterized by empathetic engagement in which both partners are heard. This highly versatile therapy is the culmination of Dr. Kim Lampson's thirty years of working as a counseling psychologist with both couples and individuals with eating disorders. It offers a crucial missing piece in the puzzling world of eating disorder treatment modalities.

The Science of Couples and Family Therapy John M. Gottman, Julie Schwartz Gottman, 2018-01-02 John and Julie Gottman, world renowned for bringing an evidence base to couples therapy, report here the results of a second empirical revolution in understanding couples and families. This change is not based on their guesswork but on the state of the art science. This book finally completes the old general systems theory of the 1960s which metaphorically described processes but did not actually research them. A new general systems theory and therapy is presented here, one which will have profound implications for powerful clinical work with both couples and families. This new theory is based on 45 years of careful basic scientific research with thousands of couples and families, including synchronized observational interview, physiological, and questionnaire data. The Gottmans have studied some families for as long as 20 consecutive years. Their

work has led to their highly replicated ability to precisely predict the future of relationships relationship happiness and whether couples will divorce or not with as much as 94% accuracy Their empirical work has also led them to develop and test a theory of specifically what makes relationships work Each construct in this theory is precise and measurable and it is all written about and described here This book presents an original new way of understanding relationships and families Both theoretical and highly practical and it will help clinicians become more effective in their everyday work

Clinician's Guide to Treating Companion Animal Issues Lori R. Kogan, Christopher Blazina, 2018-09-14

Clinician's Guide to Treating Animal Companion Issues Addressing Human Animal Interaction is the first of its kind a groundbreaking resource for mental health professionals who want the knowledge skills and awareness to successfully work with pet owning clients The book trains clinicians across multiple disciplines to feel more comfortable and confident addressing companion related issues both when those issues are the primary reason for seeking therapy or a critical component in better understanding client needs The book uses current human animal interactions theories as a foundation to explore pet related issues utilizing behavioral cognitive behavioral family systems humanistic and contemporary psychodynamic therapeutic orientations Users will find sections on the many issues that arise during the lifespan of pet owners e g children young adults elderly as well as issues pertinent to specific populations e g men homeless ethnically diverse Additional topics include the violence link pet death and bereavement and behavioral issues As the first book to approach human animal interactions HAI from a multi theoretical perspective it helps clinicians appropriately acknowledge and incorporate relevant HAI issues within therapy to achieve goals Provides practical information for immediate use in practice Focuses on common issues relating to companion animals Addresses bereavement attachment behavior and more Includes interactive readings case studies and therapeutic exercises Contains multiple theoretical orientations behavioral cognitive behavioral family systems humanistic and psychodynamic approaches

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