

Love Map Exercise Handout Enhancing Your Love Map

Dr. Martin Wesley and Dawn Wesley
With www.WesleyCounseling.com
For the Buddy Cruise 2024

Purpose:

A strong relationship is built on knowing your partner's inner world—what they think, feel, hope for, and worry about. This is especially important when navigating the challenges of raising a child with special needs. By enhancing your "Love Map," you deepen your emotional connection and build a stronger foundation to face challenges together.

Instructions:

Take a few minutes to answer the following questions about your partner and their world. Afterward, share your answers with each other. Listen with empathy and openness, and take this opportunity to reconnect.

Part 1: Understanding Your Partner's Inner World

1. **What is one thing your partner worries about the most right now, especially regarding your child's care?**

My partner is worried about:

2. **What is something your partner feels proud of when it comes to their role as a parent?**

My partner feels proud of:

3. **What is your partner's favorite way to unwind or relax when they have a moment to themselves?**

My partner enjoys unwinding by:

4. **What is a current goal or dream your partner has for the future (personally or for the family)?**

My partner's current goal or dream is:

5. **What is one thing your partner has been finding difficult recently (aside from caregiving)?**

My partner has been struggling with:

Part 2: Sharing and Listening

Now that you've completed your answers take turns sharing them with each other.

- **As the speaker:** Share your answers openly and honestly.
- **As the listener:** Practice active listening by showing empathy and avoiding interrupting. Reflect back what your partner has shared to show you understand.

Reflection Questions:

1. **What did you learn about your partner that surprised you?**
2. **How did it feel to listen and be listened to in this way?**
3. **What can you do to strengthen your Love Map going forward?**

Remember:

Enhancing your Love Map is an ongoing process. Take time to regularly check in with each other and ask meaningful questions to stay connected, especially during challenging times.

By maintaining a strong understanding of each other's inner world, you'll be better equipped to support one another through life's difficulties.

Thank you for participating in this exercise. We hope it has brought you closer together!