



## 練習：為親愛的人做一張愛的地圖

這個練習和我在另一本著作《恩愛過一生》（天下文化出版）中為配偶設計的練習類似。「愛的地圖」是我為腦中存放摯愛之人資料的區域所取的名字。我認為愈了解彼此的生活細節，就愈能讓關係更穩定、快樂。我相信這對婚姻或任何人際關係都一樣。不管是對配偶、子女、朋友、親戚或同事，你愈清楚他們的日常生活、感受和喜好，就愈容易接納他們、建立情緒的連結。

這個練習的目的是讓雙方都回答以下問題，如此一來，就可以為親近的人建立起一張愛的地圖。你可以單獨做這個練習，雙方一起做會更有趣，讓對方填滿你的地圖，你來填滿對方的地圖。不要將這個練習當成競爭，這種想法並沒有幫助，應該將它視為能夠促進彼此關係的遊戲。

如果你們之中有人在回答問題時有困難，就把問題圈起來，等兩人全部答完之後，請教對方你所答不出的問題。你們可能有很多地方要討論，這是好事，因為這個練習的目的就是促進溝通。

日後你們也可以常常重溫這個練習，例如：每年在生日時做一次，幫助你們了解雙方在這段時間以來的重要改變。

1. 最喜歡的菜： \_\_\_\_\_
2. 特別的興趣與喜好： \_\_\_\_\_
3. 最要好的兩位朋友： \_\_\_\_\_
4. 最大的敵人或對手： \_\_\_\_\_
5. 最崇拜的兩個人： \_\_\_\_\_
6. 最喜歡的電影： \_\_\_\_\_
7. 最喜歡的電視節目： \_\_\_\_\_
8. 最喜歡的動物： \_\_\_\_\_
9. 最喜歡的度假地點： \_\_\_\_\_
10. 最喜歡收看的運動項目： \_\_\_\_\_
11. 如果中了樂透，對方最想買的東西： \_\_\_\_\_
12. 對方最想改變你的地方： \_\_\_\_\_
13. 你可以做什麼來促進這段關係： \_\_\_\_\_
14. 最愛穿的衣服： \_\_\_\_\_
15. 最討厭的親戚： \_\_\_\_\_
16. 最喜歡的親戚： \_\_\_\_\_
17. 最喜歡的節日： \_\_\_\_\_
18. 最討厭的節日： \_\_\_\_\_
19. 理想中的工作： \_\_\_\_\_
20. 晚上在家最喜歡的消遣： \_\_\_\_\_
21. 最喜歡的書籍類型： \_\_\_\_\_
22. 最喜歡的音樂團體、作曲家或樂器： \_\_\_\_\_
23. 週末最喜歡做的事： \_\_\_\_\_
24. 對方所面臨過最嚴重的問題： \_\_\_\_\_
25. 最喜歡的餐廳： \_\_\_\_\_
26. 最喜歡的雜誌： \_\_\_\_\_

## 更美好的未來

一旦更了解自己的邀請方式以及它如何在特定的關係中運作，你就會發現以前從未注意到的溝通機會，也更能體認到錯失的機會——亦即希望建立情緒連結卻失敗的時刻。

藉由多年的觀察研究，我與同事們歸納出幾種無法讓人們建立親密關係的常見行為模式。我們也找到改變這些模式的方法，讓你更容易與人溝通。這就是第三章將介紹的內容。

- 27.讓對方覺得最不自在的地方或事件：
- 28.生病時能獲得最大撫慰的消遣：
- 29.生命中最悲傷的經驗：
- 30.生命中最惡劣的經驗：
- 31.生命中最快樂的經驗：
- 32.最喜歡的運動方式：
- 33.最想收到的生日禮物：
- 34.兩種最恐懼的經驗：
- 35.近來最得意的事：
- 36.近來最倒楣的事：
- 37.會讓對方非常生氣的兩件事：
- 38.目前的壓力或擔憂：
- 39.對方目前的工作或學校生活中，最好的地方：
- 40.對方目前的工作或學校生活中，最糟的地方：
- 41.最喜歡與朋友一起做的事：
- 42.克服悲傷最喜歡使用的方法：
- 43.對方的最佳度假經驗：
- 44.最喜歡用來引你注意對方的方法：
- 45.對方為自己感到驕傲的兩個理由：
- 46.對方會送你的生日禮物：
- 47.最渴望的未實現夢想：
- 48.對方覺得最拿手的活動：
- 49.對方希望達成的個人成長：
- 50.藏在心中的抱負：



For items 1 to 15, a total score of 8 or more means that you typically turn away from this person's bids. A score of 7 or lower means that you do not typically turn away from this person's bids, nor are you put off by this person's expressed needs.

For items 16 to 25, a total score of 6 or more means that you typically turn toward this person's bids. A total score of 5 or less means that you do not typically turn toward this person's bids.

For items 26 to 32, a total score of 4 or more means that you typically turn against this person's bids. A total score of 3 or less means that you do not typically turn against this person's bids.

### *Exercise: Create a Love Map for People Close to You*

This exercise is based on a similar activity for spouses that appears in my book *The Seven Principles for Making Marriage Work*. "Love map" is a term I use for that part of your brain where you store all the relevant information about a loved one's life. It's based on the idea that being familiar with the details of one another's lives can help you have happier, more stable relationships. I believe this is true in marriage as well as other close relationships. Whether you're relating to your spouse, children, friends, relatives, or coworkers, the more you know about their daily experiences, feelings, and preferences, the easier it will be to turn toward them and connect emotionally.

The goal of this exercise is to answer the following questionnaire as the other person would. In this way, you create a love map for somebody to whom you're close or would like to be closer. You can do it alone, but it's also fun to do together, with the other person completing a map of your life as you complete a map of his or hers. Don't think of the exercise as a competition—that's not helpful. Instead, think of it as a game you can play together to benefit your relationship.

If either of you has trouble answering particular questions, circle those items. Then, when you're done with the questionnaire, ask one another about the items you couldn't answer. You'll probably have lots of items to discuss, which is a good thing. Fostering communication is the whole point.

You may also want to return to this exercise at times over the course of your relationship. You could do it each year on one of your birthdays, for example, to help you stay up-to-date with important changes you're both going through.

1. Favorite meal:
2. Special hobbies and interests:
3. Two closest friends:

4. Worst enemy or rival:
5. Two people most admired:
6. Favorite movie:
7. Favorite TV shows:
8. Favorite kind of animal:
9. Ideal vacation destination:
10. Favorite sports to watch and follow:
11. First thing this person would buy if he or she won the lottery:
12. One thing this person would like to change about you:
13. One thing you could do to improve your relationship with this person:
14. Favorite types of clothes to wear:
15. Least favorite relative:
16. Favorite relative:
17. Favorite holiday:
18. Least favorite holiday:
19. Ideal job:
20. Favorite way to spend evenings at home:
21. Favorite kind of books:
22. Favorite musical group, composer, or instrument:
23. Favorite ways to spend weekends:
24. Toughest problem this person has faced:
25. Favorite restaurants:
26. Favorite magazine:
27. Places or events this person would find most uncomfortable:
28. Most comforting pastime when sick:
29. Saddest life event:
30. Worst life event:
31. Happiest life event:
32. Favorite way to exercise:
33. Ideal birthday present:
34. Two worst fears or disaster scenarios:
35. Best recent day:
36. Worst recent day:
37. Two things that make this person very angry:
38. Current stresses or worries:
39. Best parts of this person's current job or school life:
40. Worst parts of this person's current job or school life:
41. Favorite way to spend time with friends:
42. Favorite way to get over being sad:
43. Best vacation this person ever had:
44. Favorite way to get your attention:
45. Two reasons this person is proudest of himself or herself:
46. Gift this person would give to you for your birthday: