

MY LOVE MAP

WHAT IS A LOVE MAP?

The term Love Map was originally coined by Dr. John Money in his work with male and female gender identity. He said “From the moment they’re born, infants start forming a Love Map – a group of messages encoded in the brain.”

Our early caretaker’s personality and treatment (psychological) and their appearance (physical) will leave indelible imprints in our brain. This affects how we think, feel and respond to others in our world. Early intimate experiences, including trauma, abuse, affection, rejection, sensuality, sexuality and love styles, influence what we later find desirable, interesting, appealing and sexy. Yes, the media can affect us and make us temporarily lust after someone who does not fit our internal love map, but we will not create a long-lasting passionate relationship without engaging our love map.

SEXUAL PREFERENCE LOVE MAP

Dr. Money, author of the book *Love Maps*, talks about love maps in terms of sexual activity, sexual expressions, sexual desires and cravings. He says that positive love maps can develop in emotionally healthy heterosexual or LGBT (lesbian, gay, bisexual, and transgender) individuals and “vandalized lovemaps” will negatively affect an individual’s sexuality. An internal love map can be “vandalized” in many ways from outright sexual abuse to more subtle forms of sensual and sexual manipulation, repression, humiliation, shaming, rejection, and objectifying.

Money, John: *Love Maps: Clinical Concepts of Sexual/Erotic Health and Pathology, Paraphilia, and Gender Transposition in Childhood, Adolescence and Maturity* (Baltimore, Irvington publishers, 1986)

THE SOUND RELATIONSHIP HOUSE AND LOVE MAP

Dr. John Gottman, world famous love relationship and marriage researcher, invites us to build love maps which he describes as a method for getting to know your partner’s inner world. Seen as the foundation for friendship and intimacy, the first level of the house is to build love maps. He invites couples to ask and answer questions that help them to understand their partner’s thinking, desires, dreams, experiences, hopes and strategies for coping with life issues. He has actually created a set of Love Map open-ended question cards to help couples connect emotionally and increase intimacy in a

fun and gentle way. He also created a Love Map app, a fun set of questions to help partners get to know each other better.

DR. GOTTMAN TEACHES COUPLES TO BUILD A SOUND RELATIONSHIP HOUSE.



Image found in a post by Ellie Lisitsa at the Gottman Relationship Blog <http://www.gottmanblog.com/sound-relationship-house/2014/10/28/the-sound-relationship-house-build-love-maps>

1. Nurture the Friendship by building love maps, sharing admiration and caring, and turning towards each other instead of away
2. Maintain a Positive Perspective
3. Manage Conflict – let your partner influence you, discuss problems, self-soothe
4. Honor Each Other's Life Dreams – Help them to come true
5. Create shared meaning, sense of purpose
6. Build Trust – Make that a priority, put your partner's well-being first, build trust in small things, avoid negative comparisons, cherish your partner's good qualities in thoughts and actions.

Gottman, John and Nan Silver: *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* (New York: Three Rivers Press, 1999)

RELATIONSHIP DRIVE AND MOTIVATION

Daniel Pink, in his book *Drive: The Surprising Truth About What Motivates Us* (2011), teaches us about what it takes to develop motivation to succeed in business. I have applied his research findings to relationships. We need to AMP up our relationships.

- **A = Autonomy**

Find a way to maintain your sense of self and reach out to each other from a place of strength, independence and mutual interdependence. Do not just give yourself away in those early stages of infatuation because it becomes real difficult to get yourself back to being you.

- **M = Mastery**

Study, learn and develop relationship skills that will sustain you during the tough times, the difficult moments, the temporary thoughts of breaking up and leaving. Mastery is a goal that can never quite be attained so we continue to strive to do our best and to keep learning and improving with practice, experimenting and creating new experiences.

- **P = Purpose**

Know your purpose for being in the relationship, understand what brings out your passion in life, and find ways to nurture the passion and life purpose of both you and your partner.

Pink, Daniel: *Drive: The Surprising Truth About What Motivates Us* (Riverhead Books, 2009)

LOVE PROTOTYPES

Marriage and family researcher, Beverley Fehr (1988) focused on how individuals assess and evaluate different basic aspects of love which she terms “love prototypes”, central as opposed to peripheral features of love that become more important as love progresses. Her research, comparing experts views and the average non-expert’s views of love, revealed that the average person regards friendship love and familial love as more familiar than passionate love (e.g. infatuation). According to Fehr’s research, the top 12 aspects of love are listed below in order of importance. As you read this list, decide if you would add any additional attributes or delete any of those listed for your own love prototype.

1. Trust
2. Care
3. Honesty
4. Friendship
5. Respect
6. Desire to Promote Well-Being of the Other
7. Loyalty
8. Commitment
9. Acceptance Without Wanting to Change the Other
10. Support
11. Desire to be in the Other’s Company
12. Consideration of and Interest in the Other

MY INTERNAL LOVE MAP

DIFFERENT WAYS TO BUILD A LOVE MAP

1. **Time Period Markers** – Decades, 5 Year Intervals, 1 Year/Monthly/Weekly/Daily Intervals
2. **People Markers** – Significant individuals who had a strong influence upon the way you love
3. **Event Markers** – Started Talking, Rode Bicycle, Confirmation, Bar Mitzvah, Graduations, Jobs, Promotions, First Kiss, First sexual experience, Breakups
4. **Location Markers** – Home, Family, Work, Vacation, Partner's Locations
5. **Emotional Markers** – Felt desire, shared pleasure, frustrated, rejected, betrayed, loved, confused, unsatisfied
6. **Love Prototype Markers** – Desired traits and actions of others
7. **Questions and Responses** – Discovering details of you and your partner's thoughts, experiences, needs, desires and interests

LOVE LOCATION MARKERS



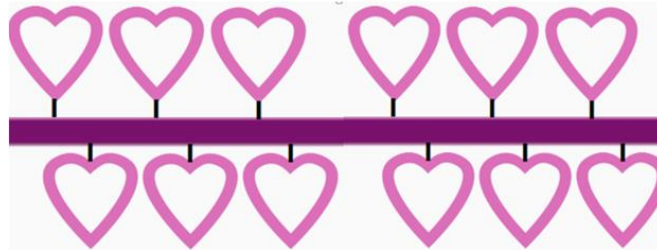
Your internal love map does not focus on any specific relationship. This is an internal visual map of YOU – your thoughts, experiences, memories, needs, desires, hopes, dreams, emotional landscape and personal preferences. You are not actually creating your internal love map. It is already solidly in place. What you are doing is developing a visual representation of your internal thoughts, feelings, memories, desires, hopes, fears and dreams of love, sexuality and intimate connection.

To create the most complete Love Map we will attempt to include most of the aspects listed above. The easiest way to begin is to choose a time period marker. If you are young, in your teens or early 20's, you may choose to focus on 1 or 2 year intervals. If you are in your 30's or 40's, it may be easier to focus on 5 year intervals. And if you are in your 50's, 60's and beyond, you will probably find it beneficial to focus on 10 year intervals/decades, as you look back and review your significant life events.

DOWNLOAD YOUR LOVE MAP TIMELINE
MAKE SEVERAL COPIES

BUILDING YOUR INTERNAL LOVE MAP

LOVE MAP TIMELINE



CREATE SEPARATE TIMELINES, ONE FOR EACH ASPECT OF LOVE IN YOUR LIFE

- **Significant People**
- **Significant Events**
- **Significant Locations**
- **Emotional Impact**

First, focus on NOW, right now in your love life. Label and fill in 4 separate timelines as listed below. On each timeline, **above** the line place the aspects of love (people, events, locations, impact) you perceive as positive and **below** the line place the aspects of love you perceive as negative.

1. Label one timeline “The most significant people in my love life now”
2. Label one timeline “The most significant events in my love life now”
3. Label one timeline “Locations of people and events in my love life now”
4. Label one timeline “Emotional Impact of the significant people and events in my life now”

Lay all 4 timelines on a table and ask yourself these questions:

1. How could love be better than this?
2. What people, events, locations and emotions need to change now to create more love?
3. What people, events, locations and emotions can I let go of and release to create more love?
4. What can I do now to create more love in my life?

Repeat the above process for each earlier time period in your life. Create separate timelines for the significant people in that time period, the significant events in that time period, the locations of the people and events in that time period, and the emotional impact the people and events had upon your love life in those time periods.

For a given time period lay all 4 timelines on a table and ask yourself these questions:

1. How could love have been better than this?
2. What people, events, locations and emotions helped me to feel love and to create more love?
3. What people, events, locations and emotions caused me to restrict my love then and now?
4. How could I have created more love in my life in spite of what happened in my past?

After reviewing your past through your sets of timelines, return your focus to the present time, NOW. Right now, how can you begin to create lasting and fulfilling love in all of your relationships?

CREATING TIMELINES AND FILLING IN THE DETAILS IS WELL WORTH THE EFFORT

THIS IS YOUR LIFE AND YOUR OPPORTUNITY TO CREATE JOYFUL LOVE

When you have completed the process you will have a full understanding of your own Love Map – the early influences and influencers, the events and locations of those events, and the emotional impact that remains in your subconscious today. And then you have the foundation to help you release what no longer serves your love interest and add new perspectives, emotions and habits to create love that lasts and brings you joy in all your relationships.

JOIN THE LOVE CHALLENGE

<http://budurl.me/JoinTheLoveChallenge>



It takes about 30 days to develop a new habit pattern. Your brain needs time to receive new information, sort, distribute and connect the information to what you already know, perceive and believe. New synapses or brain connections form as you study, learn and develop new concepts, ideas and eventual beliefs.

Love is a habit. The way you love has developed as you received and responded to people and events from the moment of your birth and probably while you were still in your mother's womb. Your love habit, your internal love map, has been developing for decades. It cannot be easily changed but it is not set in stone. It CAN be altered. You can overcome and change old beliefs that no longer serve you in
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your current life. You CAN re-train your brain and allow your heart energy to keep you in balance. You can learn to love in a way you never thought possible. But there is one caveat.

Your love habit is so deeply entrenched in your attitudes, beliefs and behaviors that you probably will not be able to make even subtle changes without some help. The 30 Day Love Challenge can and will shake up your beliefs and help you to start thinking differently. The wisdom of the ages is available to you, simplified, organized and presented in small increments of information. And in each lesson you are reminded to answer some personal questions that help you to focus on you and to love yourself more fully.

Download Your Love Map Template and this pdf. Just provide your name and email so that you will be one of the first to know when the cart opens for the upcoming 30 Day Love Challenge. Don't miss out on the special pricing and the bonuses available for those who join the challenge as soon as it opens. Once the actual 30 day challenge begins, the cart will close until the following challenge which may be several months or more from now.

ARE YOU SERIOUS ABOUT WANTING TO CREATE LOVE AND LOVING RELATIONSHIPS IN YOUR LIFE? THEN DON'T HESITATE. JOIN THE LOVE CHALLENGE WHEN IT OPENS.

I look forward to sharing with you the love wisdom of the ages and so much more. I know your heart will open and all your friends and family and colleagues will quickly see the difference in you.

Warmly,

Dr. Erica