



# Gottman Love Journal

## HOW TO USE:

- Find some time to sit down with your partner every day, every week, or every month.
- Choose a topic and a prompt for your love journal entry.
- Approach your journal in a way that makes sense for your relationship: each person could put pen to paper separately, you could write together, or take turns.
- Create a safe, neutral space (e.g., having ground rules, using “I” statements, no blaming or criticism) to discuss your entries with each other.

## KICK OFF YOUR RELATIONSHIP JOURNAL WITH THESE TOPICS:

TOPIC: **Fondness and Admiration**

DATE:

*I am most grateful for \_\_\_\_\_ in my relationship because...*

*Three things I admire most about my partner are...*

*I am most attracted to my partner when...*

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TOPIC: **Love Maps**

DATE:

*I first knew I loved my partner when...*

*My favorite memory with my partner is...*

*My favorite ritual my partner and I observe together is...*

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TOPIC: **Goals and Dreams**

DATE:

*I can better support my partner's goals and dreams by...*  
*Ten things I want to do with my partner in the future include...*  
*Our shared goals for the future include...*

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TOPIC: **Feeling Seen and Heard**

DATE:

*I can be a better listener by...*  
*I felt supported by my partner when....*  
*One small thing my partner did for me this week was \_\_\_\_\_ and it made me feel...*

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TOPIC: **Fun and Playfulness**

DATE:

*My favorite thing my partner and I did together this week was...*  
*The activities I enjoy doing most with my partner include...*  
*My partner and I flirt together by...*

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TOPIC: **Conflict Management**

DATE:

*One thing my partner and I regularly argue about is \_\_\_\_\_ . It makes me feel...*

*Three things I've learned about myself or my partner from past conflicts are...*

*I need to work on \_\_\_\_\_ when my partner and I disagree. I will work on it by...*

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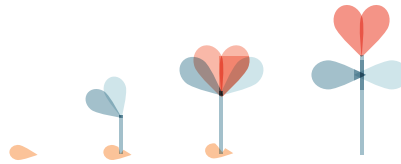
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**READY TO START JOURNALING REGULARLY?  
GET A NOTEBOOK AND MAKE IT A HABIT!**

## Use these additional prompts for inspiration:

- One thing I can improve about myself in my relationship is...
- One question I have for my partner is...
- Something new I want to try in our relationship is...
- The best date my partner and I went on was...
- I felt the most vulnerable in our relationship when...
- I imagine our relationship will change in these ways as we grow together...
- The perfect way to start and end my day with my partner is...
- I laugh when I remember this time with my partner...
- If I had to guess my partner's top five favorite things, they would be...
- Some habits that my partner has that I find cute are...
- My partner makes me a better human because...
- The piece of relationship advice that has helped us the most is...
- Reflecting on the past month, I'd say our relationship is...



