



SINGLES LOVE MAP QUIZ

UNDERSTANDING YOUR EMOTIONAL WORLD AND INTERVIEW QUESTIONS FOR POTENTIAL PARTNERS

This Love Map Quiz is designed to help you truly know yourself on a profound level—your values, emotional needs, patterns, and dreams.

With this self-awareness, you'll not only feel more aligned with who you are, but you'll also have a strong foundation to guide conversations with future partners.

Use this as a powerful tool for self-reflection and intentional connection.

How to Use This Quiz:

Set the Scene:

Find a quiet space, grab a journal, and answer these questions with honesty and compassion.

Reflect: Take your time. Let the answers guide you toward understanding yourself better.

Partner Conversations: Use your insights to ask potential partners aligned questions, creating deeper connections.



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1. Understanding Your Emotional Needs

- What makes me feel safe and secure in a relationship?
- How do I express love, and how do I prefer to receive it (e.g., words, actions, time, etc.)?
- When I'm upset, what kind of support do I need from someone?
- What are my biggest fears or insecurities in relationships, and how do they show up in my actions?
- What boundaries do I need to feel emotionally safe and respected?



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For Partner Conversations:

What helps you feel emotionally supported?

How do you like to express and receive love?

What boundaries are important for you in a relationship?

Notes:



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2. Exploring Your Values and Priorities

- What are my non-negotiable values in life and relationships?
- How do I define success in my life and in love?
- What role does family, spirituality, or personal growth play in my life?
- What kind of partner aligns with my long-term goals and vision?
- How do I handle conflict, and what's my approach to problem-solving?

Lined area for writing answers to the questions above.



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For Partner Conversations:

- What values are most important to you in a relationship?
- How do you approach conflict and challenges in life?
- What are your long-term goals, and how do you see a relationship fitting into them?

Notes:

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3. Recognizing Your Patterns and Growth Areas

- What relationship patterns do I tend to repeat, and why?
- What past experiences have shaped how I approach love and trust?
- How have I grown from past relationships, and what lessons do I carry forward?
- What self-sabotaging behaviors or fears do I want to work on?
- How can I show more compassion and patience toward myself in relationships?

Lined writing area for notes.



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For Partner Conversations:

- How have past relationships shaped your view of love?
- What's something you've learned about yourself from previous experiences?
- How do you work on personal growth and self-improvement?

Notes:

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4. Uncovering Your Dreams and Desires

- What excites me most about the future, and how do I see a partner sharing in it?
- What kind of life do I want to build with someone?
- What's my definition of a fulfilling and joyful relationship?
- What does adventure or spontaneity look like in my ideal partnership?
- How do I want to celebrate milestones or traditions with a future partner?

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5. Aligning Your Daily Life and Preferences

- What small, everyday things bring me happiness or comfort?
- How do I prioritize self-care and downtime?
- What do I need to balance my work, hobbies, and relationships?
- How do I communicate my needs effectively?
- What does “quality time” mean to me?

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For Partner Conversations:

- What does a typical day look like for you, and how do you balance priorities?

- What does quality time mean to you?

- How do you like to recharge or relax?

Notes:

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Using Your Love Map in Future Relationships

Once you've completed this quiz, take time to reflect on the patterns and insights that emerge.

This self-awareness will not only help you make more intentional choices but also guide you in asking meaningful questions to potential partners.



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Next Steps:

Own Your Story: Your Love Map is a reflection of your authentic self. Embrace it as a tool for growth and connection.

Create a List: Write down your top three values, emotional needs, and relationship goals. Use these as your compass.

Interview with Intention: When you meet someone new, use your insights to ask thoughtful questions that reveal their compatibility with your world. This Singles Love Map isn't just about knowing yourself—it's about preparing for the deep, fulfilling connection you deserve. ❤️

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