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Map your Partner

I. Overview

A. For each area

1. What? - What are your partner's preferences in this area?
2. When?
 - a) When do these apply?
 - b) Do they change over time or in difference circumstances?
3. How? - How does your partner like to have these preferences addressed?

B. Always play fair

1. These are powerful tools to strengthen your relationship.
2. Never use your power tools as weapons.

C. Use your map as you move forward

1. Never stop mapping
 - a) There's always more to learn about your partner
 - b) Maps evolve over time
2. Make use of your map by applying what you learn
 - a) How can you better give your partner what they prefer?
 - b) Notice how your relationship improves when you follow your map.

II. Types of maps

A. Needs map

1. Six human needs - developed by Tony Robbins and Cloe Madanes
 - a) Certainty
 - b) Uncertainty
 - c) Significance
 - d) Love/connection
 - e) Growth
 - f) Contribution
2. How to map
 - a) Rank needs in order of importance for both you and your partner
 - b) Explore ways each of you get your needs met
 - c) From this develop a map of how you can meet your partner's needs
3. Needs assessment tool
 - a) <http://six-human-needs-test.herokuapp.com>
 - b) Email me at beth@bethandpreston.com if you and your partner would like support on how to use your needs results to improve your relationship

B. Attachment style map

1. Attachment style - from Love Sense by Sue Johnson
 - a) Anxious
 - b) Secure
 - c) Avoidant
2. How to map
 - a) Get a clearer understanding of your attachment style and how it may have developed
 - b) See your partner's attachment style with more understanding and support
 - c) Work together to move towards a relationship that helps you both feel secure
3. Resources
 - a) Love Sense by Sue Johnson
 - b) Hold Me Tight by Sue Johnson

4. Assessment tools

- a) <http://www.web-research-design.net/cgi-bin/crq/crq.pl> - allows tracking over time and is more comprehensive
- b) <http://www.yourpersonality.net/cgi-bin/relstructures/relstructures.pl> - has a more detailed explanation
- c) <http://www.personalityassessor.com/relationshipwants/> - gives a less clinical and more fun approach
- d) Email me at beth@bethandpreston.com if you and your partner would like support on how to use your attachment style results to improve your relationship

C. Flag page map

1. Four map areas

- a) Talent Families
 - (1) People talents
 - (2) Task talents
 - (3) Creation talents
 - (4) Leading Talents
 - (5) Showman Talents
- b) Four Country Map - <http://youtu.be/MIXcLU8xEJQ>
 - (1) Control country
 - (2) Fun country
 - (3) Perfect country
 - (4) Peace country
- c) Soft Balancing Hard
- d) Top Motivations

2. An analysis of what motivates people developed

- a) Provides useful insight into intrinsic motivations
- b) Can be a valuable tool for improving understanding and relationship
- c) Not something that is easily derived without access to the assessment tool
 - (1) There is a charge to access the assessment tool
 - (2) We have no affiliation with the company and derive no income from use of this tool

3. Assessment tool
 - a) <http://www.flagpage.com>
 - b) Email me at beth@bethandpreston.com if you and your partner would like support on how to use your flag page results to improve your relationship
- D. Love language map
 1. Five love languages - developed by Gary Chapman
 - a) Words of affirmation
 - b) Physical touch
 - c) Acts of service
 - d) Gifts
 - e) Quality time
 2. How to map
 - a) Rank which languages are most effective with your partner
 - b) Explore more specifically what nuances of that language they are most responsive to
 - c) Develop a map of ways you can best speak your partner's love language
 3. Love Language assessment tool
 - a) <http://www.5lovelanguages.com>
 - b) For a deeper understanding review and discuss the questions in the tool together
 - c) Email me at beth@bethandpreston.com if you and your partner would like support on how to use your love language results to improve your relationship
- E. Narcissism
 1. Included primarily because this topic has been getting more attention lately
 2. Worth being aware of how each of you sees yourself in this area
 3. <http://www.yourpersonality.net/npi/npi4.pl>
- F. Hearing perception map
 1. We actually process information differently in each ear
 - a) Dominant or "better" ear
 - b) Sensitivity to emotion - frequently left ear
 - c) Ability to hear logic - frequently right ear
 - d) Specific words, tones, etc.

2. How to map

a) Play with testing each ear

- (1) Does one ear hear better than the other?
- (2) Is there a difference in perception when the same emotional statement is made into each ear?
- (3) Is there a difference in perception when the same logical statement is made into each ear?
- (4) Is there a difference in memory of emotional or logical statements made in one ear vs the other?
- (5) Play with how different words, tones and intonations impact communication.

b) Pay attention to what happens by using this in daily communication.

- (1) Use their more emotional or more logical ear as appropriate for the purpose of the communication.
- (2) If something is very important try light-heartedly making a more emotional statement of it into the emotional ear, give it a moment to process, then make a more logical statement of it into the logical ear.

c) References

- (1) <http://www.independent.co.uk/news/science/psst-always-whisper-into-her-left-ear-tom-435947.html>
- (2) <http://theearobicsteacher.wordpress.com/2012/10/10/why-the-right-ear-is-the-right-ear/>
- (3) <http://beta.slashdot.org/story/120865>
- (4) <http://misspivot.com/blog/right-ear/>
- (5) <http://www.wired.com/wiredscience/2009/06/earcigarette/>
- (6) http://www.huffingtonpost.com/2012/02/23/left-brain-right-brain-dominance_n_1297126.html#s226461title=Charles_Limb_Your
- (7) <http://www.ncbi.nlm.nih.gov/pubmed/15849031>

G. Aroma response map

H. Directive/request response map

1. Types of directives or requests

- a) Indirect or suggested - often the way women communicate
- b) Politely requested
- c) Positive reinforcement training

- d) Clearly defined
- e) Given as an order
- 2. How to map
 - a) What type of directive does your partner prefer?
 - b) Which type of directive actually gets the best results?
- I. Fascinations and fetishes map
 - 1. What fascinates you or your partner that grabs their attention in a child like way
 - 2. What unusual activities or things are a real turn-on?
 - a) Clothing
 - b) Body fetishes
 - c) Activities and play
 - d) Role play
 - 3. What puts your partner in a playful mood?
 - 4. For more information on fetishes
 - a) Different Loving by by [William Brame](#) (Author) , [Gloria Brame](#) (Author) , [Jon Jacobs](#) (Author)
 - b) http://www.amazon.com/Different-Loving-Sexual-Dominance-Submission/dp/0679769560#reader_0679769560
- J. Landmines and hotspots map
 - 1. Land mines
 - a) What causes your partner to blow up in your face unexpectedly.
 - b) How can you use this knowledge to avoid escalation of disagreements and arguments
 - 2. Hotspots
 - a) Not to be confused with land mines or hot buttons
 - b) What are the things that bring out your partner's most wonderful hotness?
 - c) How can you use these to improve interactions with your partner in all areas of your relationship?
 - 3. Examples
 - a) Words
 - b) Songs

- c) Smells
 - d) Places
 - e) Situations
 - 4. Heightened by stress, feelings and emotions
 - 5. By understanding land mines and hotspots you can
- K. Body map
- 1. How your partner perceives their own body - have your partner draw the canvas
 - 2. Spend lots of time playing with your partner's body and mapping what you find
 - a) Where are warning signs and rules of the road
 - (1) No trespassing
 - (2) No stopping
 - (3) Go slow
 - (4) Full stop required
 - (5) Full speed ahead
 - (6) Dangerous curves
 - b) Keep hunting for special attractions
 - (1) Scenic overlooks
 - (2) Erotic zones
 - (3) Secret hide-aways
 - (4) Hidden treasures
 - 3. Be aware of changing conditions
 - a) Temporary work zone, i.e., hormonal changes
 - b) Hazardous road conditions, i.e., mood changes
 - c) Rush hour, i.e., high stress levels
 - d) Accident ahead, i.e., illness or injury
 - e) HOV2, i.e., time of day
 - 4. The intent is to develop tools that you can use to improve your relationship by knowing when, where and how to touch for specific purposes
 - a) To help your partner relax
 - b) To help your partner release stress and/or anger
 - c) To help your partner overcome pain

- d) To encourage laughter and lighten the mood
 - e) To let you partner know of your sexual interest and encourage them to be able to go there with you
5. Changing the landscape

*We're adding new workshops and online resources.
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