

**The Love Multiverse**

## **Uncover, Grow, Love**

**A Journaling Adventure to Thriving Relationships**



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Many relationships end in disappointment, despite their promising beginnings. A common reason for the deterioration of relationships that once held great promise is that at some point the relationship ceases to fulfill our needs and meet our expectations. This breakdown often occurs subtly, creeping into the relationship, rather than erupting suddenly with dramatic conflicts.

The root cause for this breakdown often lies in our lack of deep self-awareness, preventing us from truly understanding what we seek in a partner.

Finding a truly compatible partner and creating a lasting, thriving relationship is possible for all of us if we know what matters to us, what our deepest needs are, and which of our life narratives influence our partner choice and relationships.

**The problem: Our conceptions of love and relationships — our unique love stories — and our emotional needs are usually deeply buried within ourselves and not conscious.** It takes a journey of self-discovery to understand what you need and what you're looking for so that you can find your true love and create as well as maintain that thriving relationship you've always dreamed of.

I created this Journaling Adventure as a way to get you started on your journey.

The journaling prompts you will find are based on the research and work of Dr. Robert Sternberg — a professor of psychology at Cornell University (as well as my husband!) and myself. Studies spanning 175 countries, across more than 40 languages and more than 60,000 participants, have shown that our approach to love works, and that anyone has the potential to find their true love.

The prompts are grouped into four different categories: Self-Love and Reflection, Love Stories, Emotional Needs, and Overcoming Relationship Challenges.

Before you get started, let me give you a quick explanation of each category so you understand the *why* behind what you're going to do.

## **Self-Love and Reflection**

Before you can love someone else fully, you must love yourself. Self-love is the foundation of healthy relationships. It means recognizing your worth, setting boundaries, and prioritizing your own well-being. Often, it is easier for us to love others (and embrace their flaws) than to love ourselves. But how can you expect that someone will love you if you can't love yourself? When you love yourself, you attract partners who respect and cherish you.

The prompts in this category are crafted to help you recognize your own greatness and to inspire confidence and self-esteem. You are a worthy partner, and one who is deserving of true love and affection!

## **Love Stories**

You have a set of [love stories](#), that is, a set of ideas, beliefs, and preconceptions about what a relationship should be like. But – you're not consciously aware of your love stories. Your love stories develop over your lifetime — you observe the relationship of your parents and those of relatives and neighbors, you create your own relationships, and you see and learn about relationships in books, on the Internet, or on TV and in the movies. So, in time, you create this idea of what love should look like — your very own love stories -- that you then try to make come true.

Your love stories influence everything: your partner choice, your behavior, your expectations, how you interpret your partner's behavior, and your dreams and hopes. A knowledge of your love stories is invaluable when you decide who may be a good match for you, and to keep your relationship healthy and happy as it grows and develops.

## **Emotional Needs**

A thriving relationship is one in which your partner is able to meet your needs. All too often, we are not fully aware of our own needs — we know that something is missing in our relationship, but we can't really point to what that

missing piece actually is. A deep knowledge of your needs enables you to choose a partner who is more likely to be able and willing to fulfill your needs, to pinpoint sources of distress, and to communicate more effectively with your partner.

We distinguish three needs: intimacy, passion, and commitment. Your need for **intimacy** involves the extent to which you want to be able to share your life and experiences with your partner, how much distance or closeness you're seeking, and how much affection you need.

**Passion** involves not only sexual cravings but also your desire for romance and obsession in a relationship. It plays a role when you can't stop thinking about your partner and when you idealize each other.

**Commitment** sounds like a straightforward concept, but when it comes to relationships, it actually is not. It's just usually not discussed. What does commitment really mean to you, and does it mean the same to your partner? How can you strengthen your commitment, and how can you live it?

### **Overcoming Relationship Challenges**

Every relationship comes with challenges — sooner or later. A healthy relationship is not one that doesn't face any challenges; it's one in which partners team up and conquer those challenges together. The way in which you react to conflict and challenges is influenced by your unique love stories and history as well as your personality. The ability to navigate difficult situations is of imperative importance if you want to create a stable long-term relationship. These prompts are designed to make you aware of how you perceive conflict and of how you can handle challenges in a constructive way.

I suggest you print out this journal and place it in a place where it is easily accessible and you can't forget to fill it out — perhaps your bedside table. Or perhaps use it as a bookmark for the book you're currently reading. Have fun exploring yourself, and remember that a happy, thriving, successful relationship is within your reach!

## Self-Love and Reflection

I am deserving of love and happiness because...

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One thing I truly appreciate about myself is...

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I am proud of myself for...

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Think of someone you love deeply. You can offer yourself the same level of love and kindness by...

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### Love stories

A childhood experience that shaped my idea of what love should look like as an adult was...

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One mistake or pattern in relationships of mine has been...

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The relationship dynamic I admired most between my parents (or another couple of your choice) was their ability to ...

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A weakness in my previous relationships was lack of...

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Three core values that define my ideal relationship are...

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In my ideal relationship, my partner and I share dreams of...

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In my ideal relationship, my partner and I support each other by...

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My ideal relationship ten years from now would involve...

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In relationships I admire, partners ...

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### Your Emotional Needs

I feel most loved when...

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To create a thriving relationship, I need...

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The qualities I seek in a partner include...

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The qualities I possess that make me a great partner include...

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I feel most content in a relationship when...

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For me, commitment in a relationship means...

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To deepen commitment, I can...

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A primary emotional need of mine is feeling...

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## Overcoming relationship challenges

I can improve communication with my partner by...

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When conflicts arise, I will handle them by...

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When I'm stressed, the type of support I find most comforting is...

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*In moments of conflict, I can practice patience by...*

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*To discuss tough topics, it helps me if my partner...*

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*To me, arguments with my partner are ....*

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My past relationships have taught me...

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### **Congratulations!**

You have now reached the end of your Journaling Adventure. I sincerely hope that it was an insightful journey for you, and that you have gained a deeper understanding of yourself, your needs, and your unique love story.

The insights you have discovered here can serve as valuable tools in your quest for a fulfilling and lasting relationship.

Your true love is out there, and with your newfound self-knowledge, you're one step closer to creating a beautiful and successful love story together.

I wish you all the best for your future!

*Dr. Karin*

P.S. If you have any questions, ideas, or insights you'd like to share with me, please contact me anytime at [karin@lovemultiverse.com](mailto:karin@lovemultiverse.com)

And if you're curious and interested in learning more, you're warmly invited to explore my [relationship library](#) which is brimming with [articles, quizzes, and downloadable tools.](#)