

Daily Temperature Reading



- **Appreciations**
- **Puzzles**
- **Complaints with Request for Change**
- **New Information**
- **Wishes, Hopes & Dreams**

This exercise was created by the acclaimed family psychotherapist, Virginia Satir. The goal is to share what is going on in your life with your loved ones, either as a couple or as a family.

One person has the floor to share his or her information, uninterrupted, in each of the five areas. Then the other person shares, uninterrupted. Optimally, the sharing is followed by a period of silence lasting anywhere from 10 to 30 minutes, depending on the needs of the couple or family members. This period of silence gives everyone a chance to process the incoming information with the ultimate goal of enhancing each person individually and enhancing the relationship. Remember, there are always 3 in any relationship that need care and nurturing, *Me, You,* and *The Relationship*.

Below is an explanation of each of the five areas:

♥ **Appreciations** - Telling our loved ones what we appreciate about them sends the message that they are loved. In general, for every negative comment that you send out, you need to share three specific things you like. When we are praised, we are more likely to repeat what we did to get the praise.

♥ **Puzzles** - It's *always* acceptable to ask for clarification or more information. Be willing to ask. And, be willing to be asked. It can save a lot of wear and tear on everyone.

♥ **Complaints with Request for Change** - Having differences of opinion can be challenging. It implies that something may have to change, and that is scary.

When asking for change, being specific about what you want may lead to getting it somewhat faster. Being willing to be honest about what you want, though, carries the risk that the other person may not, for whatever reason, be able to accommodate your request. The upside of sharing your opinions is that

you can be trusted to bring up important information affecting your relationship.

Listen and hear the message being shared -- not necessarily whether you agree or disagree with what is being requested. When there is understanding of the other person's perspective, discussion and decision-making are much easier for everyone.

♥ **New Information** - Often times, the biggest arguments can be averted by the exchange of the smallest bits of information. Never, ever assume they already know.

♥ **Wishes, Hopes & Dreams** - The only thing more vulnerable than sharing something embarrassing about ourselves is sharing our inner most wishes, hopes and dreams. It takes a lot of courage to put them out there for all the world to possibly crush. Maybe, though, just maybe, your loved one has the same hopes and dreams. So, grab your courage, and grab the brass ring!