DAILY TEMPERATURE READING
TO PRACTICE WITH YOUR PARTNER

STEP 1  **APPRECIATIONS.** Appreciations are sincere and specific, and there are a lot of different purposes to it. Appreciation builds goodwill.

_I really appreciate..._

STEP 2  **NEW INFORMATION.** New information is about keeping each other up-to-date. Share whatever’s new in your life and to listen to your partner when they share about what’s new in theirs.

_I want to share with you..._

STEP 3  **PUZZLES.** We’re talking about things you wonder about. Check out anything you’re wondering about with each other.

_I’m wondering..._

STEP 4  **CONCERNS WITH RECOMMENDATIONS.** It’s about coming up with what’s the concern, and what you want instead. Concerns with recommendations are never against another person. Focusing on one specific behavior, and keep in mind, a behavior’s not a thought or feeling.

_When you...I feel...what I recommend instead..._

STEP 5  **WISHES, HOPES, DREAMS.** Take a moment to share your wishes, hopes, and dreams with each other.

_I wish..._