

A FINAL NOTE

It may seem awkward and artificial to do the Daily Temperature Reading at first. Don't let that prevent you from using it. As you become accustomed to it, you will find yourself touching on most areas automatically. You won't always have something to say in all five categories each time, but set aside a brief period of time every week or so to give yourself the opportunity to think about each area.

Appreciations nurture your relationship.

New Information, Puzzles and Complaints prevent misunderstanding and solve minor problems.

Wishes, Hopes and Dreams offer a future to look forward to.

- Are there specific steps in the D-T-R that made you uncomfortable or that you would prefer to avoid?
- Do you find it hard to find things that you appreciate in your partner or to voice complaints?
- Do you worry that you will feel silly or stupid or weak because of some of the questions you might ask, the dreams you have or the fears you might express?
- Have you explored where those concerns may have come from and shared them with your spouse?

Adapted from PAIRS, Int'l. by George Buettner, L.P.C.

Daily Temperature Reading

The PAIRS Foundation

We suggest you consider using this tool called the **Daily Temperature Reading** as a couple once or twice a week or more often as you choose. This is an important way to maintain or develop open, easy conversation in your relationship. It is a fun exercise which becomes easier as it is used. You will find your own style for sharing, but here's the basic format you will want to follow. The time you take will vary as you accustom yourself to the D-T-R. About 15-20 minutes is good to begin with...later you may take more or less time. A couple of tips to remember:

- This is not the time to solve any *big* problems that may exist
- This needs to be done at home or in a relaxed and comfortable setting, not in the car or not when others are demanding your attention (like the kids).

We care about your marriage relationship and we pray this tool will be useful and helpful to you.

