



## Daily TOUCHPOINT

We call this exercise the Daily Touchpoint. The key to connecting to someone is through spending time with them and being open and confiding. Thus, confiding is the key to connecting with another person. The following is a confiding exercise adapted from the Daily Temperature Reading by Virginia Satir. We ask couples to sit close to each other, facing each other, preferably holding hands, and each shares with the other one part of the Daily Touchpoint at a time, while the other listens. During the Daily Touchpoint exercise, couples do not argue, debate, judge, or evaluate what their partner says. Listen with care. Yada is when you want to know, Sod is when you confide, and listen with care (Sakan).

**Appreciations:** We need to hear what is good about us. Hearing appreciations helps one feel loved, special, accepted, and that they have a sense of value. An encouraging word, a gentle smile, and the words of appreciation boost one's sense of value, their belief in themselves, and in the relationship. When people receive appreciations, their brain releases dopamine - a feeling of pleasure.

**Puzzles:** Intimacy requires that you are both on the 'same page' when it comes to understanding things. Many times we are assuming things without checking out our assumptions. If you don't understand something or need something clarified, ask it as a puzzle. "I am puzzled why you look so down today?" "I am puzzled why you don't reach out to me when I am hurting."

**Complaints with Recommendation for Change:** Everyone has things they do that bother their partner and their partner has things they do that bother you. However, we spend so much time complaining about what we do not like and this complaining comes across verbally and non-verbally. Frustration has its body language and so does love. Additionally, when complaining about what you do not like, we never get around to sharing what we do like. Here, you have the opportunity to confide something you do not like that your partner does (a behavior) and then ask for what you want (what you prefer they do differently). State your complaint with recommendation for change in the following format:

When you \_\_\_\_\_ I feel \_\_\_\_\_.  
What I would prefer you do differently is \_\_\_\_\_.

**New Information:** We are always changing and growing and we learn and experience things on a daily basis that we really need to share with our loved ones. Sharing things that interest us or that we experienced, learned, etc. keeps you both up to date with each other and what is taking place in your life. Share the things that are important as well as those that you might deem less important.



**Pray About:** Developing your spiritual relationship is important and this is where you can both confide what you would like your partner to pray about with you. You might even want to end your Daily Touchpoint with a prayer for your partner and their request.

**Hopes and Dreams:** We all have hopes and dreams and things we wish for. This part of the Daily Touchpoint allows you to reflect on what you hope or dream for and share it with your partner. When we share our hopes and dreams with our partner's it allows them to not only share them with us but also opens the doorway for that wish or dream to be realized.

*(Adapted from the work of Virginia Satir)*

Marriage for Life, Inc. [www.marriageforlife.org](http://www.marriageforlife.org) All Rights Protected