



## **Experience: Daily Temperature Reading**

Working with your partner, you'll now practice the Daily Temperature Reading. Sit in the Congruent Position and spend 3-4 minutes sharing back-and-forth in each area of the following areas:

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

After you complete the temperature reading, reflect and journal about this experience. Think about when during the day *you* can commit to this fundamental relationship building tool. Discuss and plan this with your partner. If you do the Daily Temperature Reading each day for the next fifty days, this alone can significantly transform the quality and nature of the bonding in your relationship.