



Relationship Temperature Reading

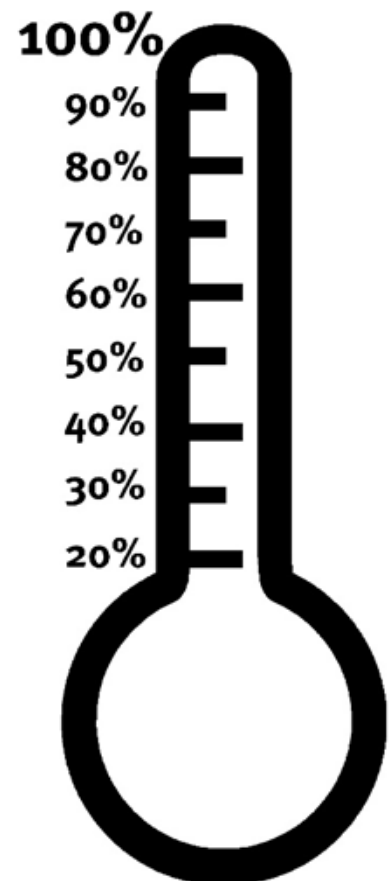
Love Deeply Tool



Relationship Temperature Reading

Take turns doing each of these, starting at **1**, and finishing both sentences if you have something to say for both, only one otherwise. You may get off into a conversation about any of them, which is fine, but be sure to come back in a reasonable amount of time to the next number. Remember, this is really about **LISTENING** and **UNDERSTANDING** your spouse, not debating details or clarifying misunderstandings. You can spend as little as 10 minutes doing this exercise, or, if you have the time, it can just open the door to as long a conversation as you feel comfortable having! Doing this exercise assumes that you both feel **SAFETY** and secure enough to share your hearts with each other, so be careful not to jeopardize that sense of security.

5. **Hopes and Wishes**
"I hope that..."
"I wish that..."
4. **New Information**
"My new information is..."
3. **Complaints & Possible Solutions**
"I notice...and I prefer..."
2. **Worries or Concerns**
"I am worried that..."
"I am puzzled..."
1. **Appreciations or Excitements**
"I appreciate that..."
"I am excited about..."





Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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