

Daily Temperature Reading



<p>Appreciations</p>	<p>We need to hear what's good about us, and nobody is better equipped to tell us than a friend close to us. Hearing "appreciations" from our friends helps us to feel loved, accepted, and special. An encouraging word or a gentle smile and hug can go a long way. e.g. I really appreciate how you've been a supportive friend lately.</p>
<p>New Information</p>	<p>It feels good to be in touch with our friends changing circumstances and new ideas. Intimacy thrives only when both people know what is happening in each other's lives - the trivial as well as the important. e.g. I am really happy lately... we're invited to the neighbor's for dinner... I got an A on my test today.</p>
<p>Puzzles</p>	<p>If there are things you don't understand (or need clarification about) and your friend can help explain, ask. Don't assume they know that you are interested. Bringing up personal quandaries doesn't mean you will always find answers, but discussing them can give them more insight about your internal conflicts and thoughts. e.g. Did you mean to slam the door at church today? Do you think I should take the promotion? I don't understand why I am so unmotivated.</p>
<p>Complaints w/Requests for Change</p>	<p>The small irritations and annoyances that arise every day and remain unspoken can fester and become destructive. This is not a time to be offensive or defensive, but a way to stay current about things that could become trouble. Body language is important - being able to complain in a tone and body stance that says, "I love you and respect you" enables the listener to hear "He loves me and this thing I do bothers him" rather than being fearful of judgment or rejection. e.g. It makes me feel _____ when you _____. I would prefer it if you _____.</p>
<p>Wishes, Hopes, and Dreams</p>	<p>Our hopes and dreams are vital parts of who and what we are. This part gives us a chance to reflect on what we want - for ourselves, for our relationships and from life. When we bring our expectations and hopes into our own and our friend's awareness, we are more likely to find a way to realize them. e.g. I wish that someday I could have a house on a lake... I hope to get back to school some day...</p>

Thanks to Virginia Satir for developing this tool.