

# THE DAILY TEMPERATURE READING

## A Preventive Tool for Lasting Connection

### OVERVIEW

Most couples only communicate about problems when they are already angry. The Daily Temperature Reading is a powerful preventive tool that stops disrespect before it builds up into explosive arguments. This technique creates a daily ritual of connection that addresses issues while they are still small, transforming your communication from reactive to proactive.

### THE SETUP

Set aside 15-20 minutes every day at the same time (many couples choose after dinner or before bed). Sit facing each other without distractions—no phones, TV, or kids interrupting. Each person goes through five specific categories in order, taking turns.

### THE FIVE CATEGORIES

#### 1. APPRECIATIONS

Share something specific your partner did that you are grateful for, no matter how small.  
Example: I appreciated that you made coffee this morning or Thank you for listening when I vented about work.

#### 2. NEW INFORMATION

Share something happening in your life that affects both of you.  
Example: My mom wants to visit next weekend or I have to work late Thursday or I am feeling stressed about the budget.

#### 3. PUZZLES

Ask about something you are curious or confused about, without accusation.  
Example: I noticed you seemed quiet during dinner—is everything okay? or Help me understand why you prefer to handle the bills differently.

## 4. COMPLAINTS WITH REQUESTS

State the specific behavior + how it affects you + what you would like instead.

Example: When you leave dishes in the sink overnight, I feel like the kitchen work falls all on me. Could we agree to clean up right after dinner?

## 5. WISHES, HOPES AND DREAMS

Share something positive you are looking forward to, either together or individually.

Example: I would love to plan a weekend getaway next month or I am excited about starting that photography class.

## WHY THIS PREVENTS DISRESPECT

Daily Pressure Release	Small irritations get addressed before they turn into resentment and explosive fights.
Positive Foundation	Starting with appreciations reminds you of what is working, so complaints do not feel like attacks.
Structure Prevents Escalation	The format keeps conversations focused and productive instead of spiraling into blame.
Builds Understanding	The puzzles section lets you ask about behavior without assuming bad intentions.

## THE KEY DIFFERENCE

This tool transforms your daily communication from reactive (only talking when there is a problem) to proactive (regularly maintaining your emotional connection). When couples feel consistently heard and appreciated, disrespectful behavior naturally decreases because the underlying frustration that fuels it gets addressed before it builds up.

## IMPLEMENTATION TIPS

- ✓ Start short: Begin with just 10 minutes if 20 feels too long—consistency matters more than perfection
- ✓ Allow flexibility: Some days you might not have much in each category, and that is fine
- ✓ Redirect gently: If one of you gets defensive during complaints, say Let us stick to the format

✓ Try it as an experiment: Commit to just one week to see the difference it makes

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