

# Illuminate Your Relationship

## A GUIDE TO YOUR DAILY TEMPERATURE READING

Think of this as a “pulse check” for your relationship. It’s best done at a relaxed time when you won’t be interrupted. Set aside at least 10-15 minutes. Go through these seven points alternating back and forth, or if you don’t have time for all of them, each of you pick a few to share.



### APPRECIATIONS

Appreciation is one of the easiest and most powerful ways to reconnect your hearts. Share something specific you appreciate about your partner—it could be something in general or something specific you appreciated today.

*Note: Don't ruin the appreciation with a "but" as in "I appreciate you taking out the trash, but I had to ask you to do it. So, remember, no "buts" allowed!*

*Examples:*

- “Thank you for handling the grocery shopping today. It was such a relief to come home to a full fridge.”
- “You look really great in that shirt today—it caught my eye the moment you walked in.”
- “I so appreciate you making me laugh during dinner. I had a long day, and your sense of humor lightened my mood.”
- “I loved watching you with the baby today. Seeing how much you adore her makes me so happy.”



### Helpful Formula:

“I appreciate/Thank you for [Specific Action] because it made me feel [Emotion].” Adding the why helps your partner understand the positive impact they have on your internal world!



### NEW INFORMATION

Share updates about your life that your partner might not know yet. It keeps you in the loop on the “boring” but important details of each other’s days. This is the “status update” of the relationship. It’s meant to bridge the gap between your two separate worlds so nobody feels like they’re living with a stranger. This is where you share upcoming appointments or commitments, random things that happen to you or things that need to be done, etc. This covers areas including logistics and scheduling, work and social life, personal thoughts and discoveries, health and well-being.

*Examples:*

- “I found out my meeting tomorrow was moved to noon.”
- “I just found out my sister is hoping to visit the first weekend of next month, so we need to check our calendar.”
- “The mechanic called—the car needs new brake pads, so it’ll be in the shop until Thursday.”
- “I signed up for that fitness class on Tuesday nights, so I’ll be getting home about an hour later than usual.”
- “A spot opened up for a promotion. I’m thinking about applying, but I’m still weighing the pros and cons.”
- “I realized today that my back has been hurting whenever I sit at my desk too long. I think I might need to look into a better chair.”
- “I’ve decided to cut back on caffeine for a bit because I haven’t been sleeping well lately.”



### PUZZLES/QUESTIONS

Anything you’re curious about—from random thoughts to big “what ifs.” We all have questions (puzzles) swirling around in our heads—about life, work, family, or even our relationship. Sharing those questions builds connection, because it opens a window into what’s on our minds.

*Examples:*

- “What should we do this weekend?”
- “Am I going to get lucky tonight?”
- “Why have I been so tired lately?”
- “I wonder if that new Star Wars movie will be any good?”
- “I’m puzzled by why our water bill was so high this month.”
- “Am I a good parent?”
- “I noticed you were quiet after dinner, is everything okay?”
- “I’ve been wondering: if we could live anywhere for just one year, where would we actually go?”



## 4 COMPLAINTS WITH REQUEST FOR CHANGE:

Every relationship has frustrations, but how we express them matters. Instead of just complaining, make a specific request.

### Examples:

- "When you don't text that you'll be late, I feel forgotten. Will you send a quick message next time?"
- "Instead of leaving your dirty dishes in the sink, would you rinse them off and put them in the dishwasher?"

It's not criticism — it's clarity that protects your heart connection. Don't wear out your partner with a long list of whining and complaining. You are **NOT REQUIRED** to do what is being asked. Simply state "Instead of THIS, would you do THAT?"

\*Note: this is not for big conflicts—use it to keep small things from becoming big ones. Say what you feel and what you need — kindly.



## 5 APOLOGIES:

Own up to any moments where you weren't your best self. It keeps resentment from building up. We all have moments when we hurt each other or let stress get the best of us. Take ownership when you've hurt your partner and apologize. A sincere apology can heal what your words or actions have damaged.

### Examples:

- "I apologize for being snappy when I walked through the door. I had a stressful day, but I was wrong to take my frustration out on you."
- "I realize I hurt you when I said that. I'm sorry—will you forgive me?"

Remember, an apology is about confessing your own mistakes — It is **NOT** the time to point out your partner's mistakes.



## 6 WISHES, HOPES, & DREAMS:

Our hopes and dreams are part of what makes us who we are. Sharing them keeps our hearts moving in the same direction. Talk about both big dreams and small desires. When you share your wishes and dreams, your partner can join you in making them happen, whether it's a bigger dream or a small desire. Share something you're looking forward to, whether it's a vacation next year or just a quiet movie night this weekend.

### Examples:

- "I'd like to start saving now so we can take a trip to Italy in 5 years."
- "Could we go to Starbucks to grab coffee?"
- "I wish we could find a night this week to just turn off our phones and play a board game."
- "I hope we can finally try that new Italian place for our anniversary next month."
- "I wish for a Saturday morning where we both get to sleep in past 8:00 AM."
- "I hope that by next year, we've saved enough to get new living room furniture!"



## 7 PRAYER REQUESTS:

Share what is weighing on your heart so your partner can support you in prayer. Take time to pray together.

Research confirms that couples who pray together stay connected, and less than 1% of those who pray together daily get divorced. Praying for your partner draws you closer and strengthens your heart-connection. Ask, "How can I pray for you?" or "Please pray for me about this..."

Also, use this time to discuss how God has answered your prayers.

### Examples:

- "Please pray for wisdom as I navigate this challenging situation at work."
- "Please pray for healing for my mom."
- "Please pray for provision and peace as we trust God with our finances."

*The goal isn't to solve every problem—  
it's to stay emotionally connected every day.  
Small conversations prevent big disconnects!*