



**APPRECIATIONS:** Tell your spouse what you appreciate, love, admire, or respect about them in big ways and in small ways.

**NEW INFORMATION:** In the absence of information, people assume the worst. Share what is going on in your life at home, at work, at school, and among friends and family. Talk about what's new!

**PUZZLES (QUESTIONS):** What are some puzzles or questions spinning in your head about yourself, your spouse, your family members, your job, your life?

**COMPLAINTS WITH REQUEST FOR CHANGE:** Instead of complaining, ask for what you want instead of what you don't want. Be specific about the behavior that bothers you, and clearly state the behavior you prefer. NOTE: Please don't use the DTR for nuclear issues!

**APOLOGIES:** Real men (and women) apologize. Healthy people humbly admit their mistakes and ask for forgiveness.

**WISHES, HOPES, AND DREAMS:** What wishes, hopes, and dreams do you have for the short term and the long term? State big ones and little ones. Think about what you could do this week to move any of these goals one step closer to reality.

**PRAYER REQUESTS:** There have been multiple research studies conducted on prayer, and science has confirmed it's true: a couple that prays together actually does stay together. So pour some super glue all over your relationship by praying out loud together. Normalize prayer in your home and watch what a difference it will make.

The DTR is a great skill that is very easy to learn. Think of it as a "menu for discussion". The natural course of any relationship is to drift apart over time. Far too many of us are stressed out, exhausted, and lonely. How do we avoid the natural drift of relationships? Since 1998, we have found that couples who invest a little time and energy learning some practical relationship skills typically experience reduced stress, increased energy, and a powerful antidote to loneliness.

**LIVE THE LIFE**

**DAILY TEMPERATURE READING**

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