

# relationship ROADMAP

BIOLOGICALLY BASED

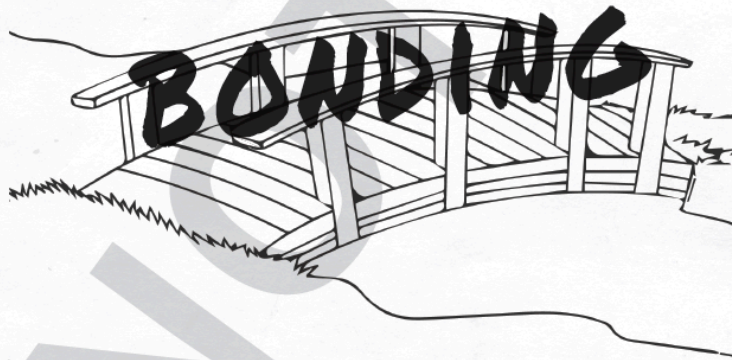
AIR

food

WATER

shelter

PAIN  
DANGER  
FEAR  
ANGER  
UNHAPPINESS



PLEASURE  
DESIRE  
LOVE  
HAPPINESS  
TRUST

SYMPTOMS OF *unhappiness*

illness	guarded
fatigue	wary
depression	rigid personality
isolation	anti-social behavior
closed	

SYMPTOMS OF *happiness*

health	sharing
energy	open
well-being	personal responsibility
flexibility	emotional adult
creativity	increased EQ (emotional intelligence)
capacity for intimacy	

*range of addictions*

drugs • alcohol • food • shopping  
work • gambling • pornography

*When we are listened to, it makes us unfold and expand.*

## DAILY TEMPERATURE READING

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Appreciations

New Information

Puzzles

Complaints With Request For Change

Apologies

Wishes, Hopes, or Dreams

Prayer Requests

### SUGGESTED RESPONSES FROM THE LISTENER:

**Appreciations:** "Thank you," or "You're welcome."

**New Information:** An acknowledgment such as a head nod, "got it," or "thank you," or "okay."

**Puzzles:** An acknowledgment. Don't try to solve your partner's puzzle, unless there is an easy objective solution, such as, "your keys are on the kitchen counter."

**Complaints With Requests For Change:** Acknowledge the request (which does not mean you agree with it) or agree to do it.

**Apologies:** Either an acknowledgment, or "I accept your apology," or "I forgive you."

**Wishes, Hopes, or Dreams:** An acknowledgment.

**Prayer Requests:** Pray for each other's prayer requests right then; otherwise, do it later.

**EXERCISE:** Sit knee-to-knee with your partner and take time to experience a Daily Temperature Reading. Each of you will share one part of the Daily Temperature Reading with each other and then move to the next one until you have completed all seven parts. DO NOT judge, criticize, give input, etc. Just share and listen to each other. If you cannot think of anything in a category, just move on to the next topic. We prefer you not skip appreciations.