

Temperature Reading

Based on the work of Virginia Satir*

Creating space in our team's or family's routine for sharing our Self, and listening to Others

1. Appreciations

- *What am I appreciating about the others in my life?*

2. Worries, concerns and puzzles

- *Am I worried about something right now? Have I noticed something that causes me concern or seems a bit puzzling?*

3. Complaints and possible solutions

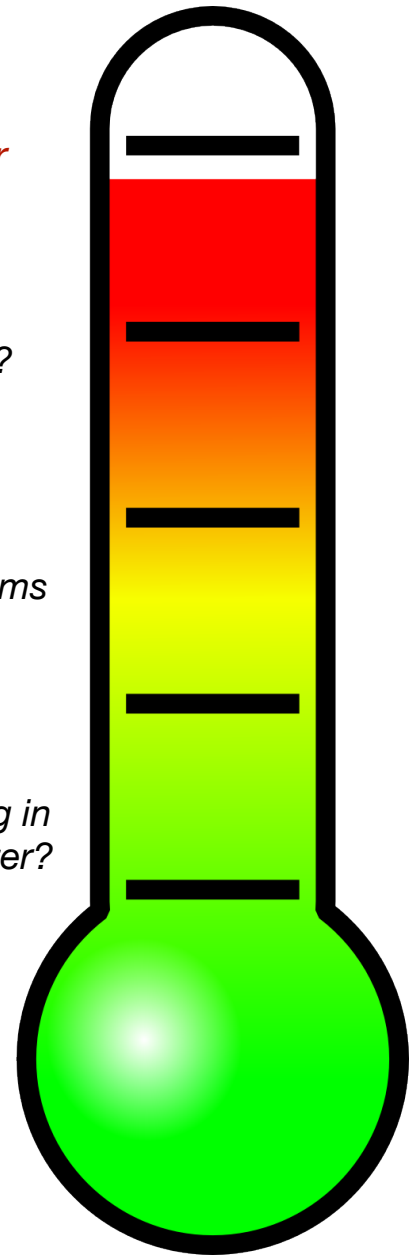
- *Am I having challenging feelings around something in particular? What do I think might help or work better?*

4. New information and excitements

- *Is there anything happening in my life that I want to share, or that I think people would benefit from knowing?*
- *Am I excited about something particular that I'm involved in and want to share?*

5. Hopes and wishes

- *What are my hopes and wishes for the future? Today or even further on?*



*Satir, V.S., Banmen, J., Gerber, J., Gomori, M. 1991. *The Satir Model*. Science and Behavior Books, Inc. Palo Alto, California. pp. 309-315.

