

**COMMUNITY TEMPERATURE READING EXPLANATION**  
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The goal of this skill is to create a healthy culture through (1) Sharing positive aspects about one another (2) providing language that decreases assumptions and judgments and encourages exploration (3) Being honest about negative things impacting you, suggesting possible solutions in respectful ways and (4) keeping current with what is going on in one another's lives. Take turns.

There are five parts to the "**Community Temperature Reading**." Start at the bottom.

**1. Appreciations or Excitements:**

Appreciations are about the positive aspects of life together - what is good about others or what they have done. Scripture invites us to see people as image bearers of God who share in His beauty. On a practical level we can reflect the beauty of others, whether its family members, friends, spouses, co-workers, neighborhood acquaintances... *'I appreciate that you called to check on me'*.

Excitements give us a chance to express that which delights our souls. *'I'm excited about having this week off to 'chill'; 'I'm excited that my work project will be finished this week'*.

The sharing of excitements gives us windows into one another's souls.

**2. Worries, Concerns or Puzzles:**

People often do not express worries or concerns for fear of appearing inadequate or stupid. We hold them inside ourselves and then make erroneous assumptions about people and situations. *'I'm worried that I won't have enough time to complete my college applications before Friday'*.

Puzzles are closely related to worries and concerns. It is easy to jump to negative interpretations about events going on around us. Scripture teaches us "Do not judge, or you too will be judged." (Matthew 7:1). Expressing a "puzzle" enables us to avoid assumptions, negative interpretations, and judgmentalism. *'I'm puzzled as to why it took you so long to reply to my email?'*

If there are things you don't understand or need clarification about, ASK. Sharing our worries, concerns and puzzles prevent unhealthy assumptions or faulty thinking from turning into unnecessary resentments.

**3. Complaints and Recommendations:**

The purpose of complaints and recommendations is to help each person be aware of and take responsibility for the small irritations and annoyances that arise every day, and share them maturely. When they are unspoken, they can unconsciously LEAK out. When spoken poorly, they can become destructive. This is not about arguing about or solving concerns but to hear each other, learn to negotiate and perhaps agree to disagree. Here the person with the complaint takes responsibility for coming up with a possible solution, speaking the truth in love (Eph.4:25).

Use the format, "**I notice that ... and I would prefer**". *'I noticed that you are leaving your lights on when you are gone. I would prefer if you could check that they are off as you walk out of your room'*.

**4. New Information:**

This can take many forms - events, appointments, new decisions, achievements, opportunities, activities. This ensures no one feels excluded or passed over. Relationships can only grow when people know what is happening in each other's lives - the trivial as well as the important. When we are heard, we feel validated and better about ourselves. *'I passed my math quiz today!'*

**5. Hopes and Wishes:**

This moves to the immediate future. A hope that is not verbalized has little chance of being fulfilled. Many of us have not learned to talk about our hopes and wishes and yet they are significant parts of who we are. Sharing hopes and wishes are windows into your unique soul. **Family life**, in particular becomes richer as we support and listen to each other's hopes and dreams. *'I hope I get invited to attend the music boosters' kickoff meeting this week'. 'I wish I could learn to type better'*.

# Community Temperature Reading

