

Make room for a conversation

A quick reference to the PAIRS Daily Temperature Reading

Invite a willing partner and choose a calm time. Allow about 5-10 minutes. Both people share within each step before moving to the next. Listen without cross-talk; either person may pause or decline.

1 Appreciations

Name a specific action and what it meant to you.

I appreciated that you _____. It helped me feel _____.

2 New Information

Share an update you want the other person to know.

Something I would like you to know is _____.

3 Puzzles

Ask about something you do not understand without deciding its meaning.

I noticed _____, and I wondered _____. Can you help me understand?

4 Concerns with Recommendations

Describe a concern and make a practical request.

When _____ happened, I felt _____. What I am asking for is _____.

5 Wishes Hopes and Dreams

Share something you look forward to or hope to create.

One thing I hope for is _____.

Being heard does not make agreement automatic. If a concern needs a decision or more discussion, arrange another time. There may be no update, puzzle or concern on a given day; keep space for genuine appreciations and wishes.

Use only where participation is voluntary and safe. If honesty or declining brings intimidation or retaliation, prioritize private support. This card is relationship education, not therapy.