



Healthy Relationships Counseling Services
Counseling for Couples, Families, & Individuals

PAIRS Daily Temperature Reading*

*Based on the work of Virginia Satir

I appreciate:

My new information is:

My puzzle:

I wonder about.....

I don't understand.....

I'm puzzled by.....

I'm curious about....

My complaint and request for change:

I notice....

I prefer....

Would you please....?

Hopes, Wishes, & Dreams

I hope.....
I wish.....
I dream.....

Bonnie Ray Kennan, Psy.D., MFT
drbonniesrelationshiprehab.com
(310) 265-6644