

**Feedback Time: CARE HANDOUTS**  
**(#2 in the Four Gifts of Love® Class Booster Series)**

## FGL Feedback Time Practice: Gift of Care

Please refer to the Feedback Time instructions in your *Four Gifts Love® Participant's Guide* for more detail of this process.

Brief Summary:

- Create a pleasant and comfortable environment to discuss your plans.
- The goal of this exercise is to fine-tune your *own* plan to give the gifts of care and protection.
- **Remember, your feedback must be given with care.**
- If the suggested way to meet each other's emotional needs or protect is not mutually appealing, then try to discover other ways to meet the needs or protect through negotiation.
- Add the new behavior you are willing to learn to your Four Gifts of Love® Review Worksheet. Why? Because creating habits require review and practice.

**PRACTICE:** You and your spouse choose **one** emotional need from your Review Worksheet, under "Gift of Care," and start the feedback practice process.

1. **GENERAL NEED:** *For your emotional need of \_\_\_\_\_ ...*
2. **SPECIFIC BEHAVIORS:** *... this is what I've been doing to meet your need* (list specific behaviors you are doing to meet your spouse's emotional need):

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3. **REQUEST FEEDBACK-VALUE HONESTY:** Exchange this practice sheet with your spouse as a symbol of requesting feedback.

*How do these behaviors affect my account in your Love Bank? Or, how are these behaviors affecting your feelings for me? Or, are these behaviors hitting the mark?*

4. **GENERAL FEEDBACK:** (check answer)  
\_\_\_ *Going in the right direction*      \_\_\_ *Perfectly hitting the mark*
5. **SPECIFIC SUGGESTIONS:** If "going in the right direction," fill in the blank: *I'd love it if you could* (positive/desired, specific behavior suggestions) ...

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*How do you feel about that?*

6. **APPRECIATE EFFORT – VALUE HONESTY:** Exchange this practice sheet with your spouse again, as a gift of honesty. And as you receive your sheet, say to your spouse, *Thank you for your effort* and *thank you for being honest with me. I will write this valuable information down on my Review Worksheet or we can negotiate the specifics of these suggestions later.*

## FGL Negotiation Practice

**Scenario #2:** During a feedback time about their needs, Sam suggested that his wife, Sally, play video games with him every night after the kids go to bed to meet his need for recreational companionship. Sally is not enthusiastic about playing video games every night because she feels overwhelmed with the left-over chores. Also, Sally doesn't like the video games Sam chooses because he becomes very competitive. What are some ways that both spouses could be happy without a change in their perspectives?

What is the conflict?

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What is Sally's perspective (summarize based on the scenario above and also include your own imaginary information about Sally's perspective)? (Try using: *I value \_\_\_; \_\_\_ is important to me; I'd love it if \_\_\_.*)

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What is Sam's perspective (summarize based on the scenario above and also include your own imaginary information about Sam's perspective)? (Try using: *I value \_\_\_; \_\_\_ is important to me; I'd love it if \_\_\_.*)

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What are some possible solutions that might accommodate both of their perspectives?

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What might be a final resolution(s) that would be a win-win or "4-5" rating (on a 1-5 rating scale) for both?


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## Feedback Time: Care Booster Assignments

There are FIVE assignments to complete before the next FGL Booster. Each assignment will require about 20-45 minutes to complete. On five **different days**, schedule the appropriate amount of time before the next FGL booster to finish these assignments. Write down at least one quote or concept that was meaningful to you from each article below and be prepared to share them with your spouse or, if taking the Four Gifts of Love Class group format, at your next meeting.

The articles and mobile app referenced below are from: <https://www.FourGiftsofLove.org> under **RESOURCES**.

		Date	Time	<input checked="" type="checkbox"/>
	<b>ASSIGNMENT PLANNER</b>			
B2.1	Read Together: <a href="https://www.FourGiftsofLove.org/articles">Dating the One You Married, Part 8</a> ( <a href="https://www.FourGiftsofLove.org/articles">https://www.FourGiftsofLove.org/articles</a> )	_____	_____	<input type="checkbox"/>
	Optional: Read Parts 5-7 (about a challenged couple)			
	Download the <a href="#">Gift of Protection app</a> ( <a href="https://www.FourGiftsofLove.org/mobileapps">FourGiftsofLove.org/mobileapps</a> ), or on a sheet of paper. Start documenting your Love Busters and alternative behaviors. AND download the <a href="#">Gift of Honesty</a> app to help with phrasing your honesty	_____	_____	<input type="checkbox"/>
B2.2	Read Together: <a href="#">Dating the One You Married, Part 9</a>	_____	_____	<input type="checkbox"/>
B2.3	Read Together: <a href="#">Dating the One You Married, Part 10</a>	_____	_____	<input type="checkbox"/>
B2.4	Read Together: <a href="#">Dating the One You Married, Part 11</a>	_____	_____	<input type="checkbox"/>
	Optional: Read Part 12 (Marrying without Romantic Love)			
B2.5	Read Together: <a href="#">Dating the One You Married, Part 13</a>	_____	_____	<input type="checkbox"/>