

Feedback Time: PROTECTION HANDOUTS
(#3 in the Four Gifts of Love® Class Booster Series)

FGL SKILLS REVIEW

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Sharing Emotional Needs:

I'd love it if you would (specific, desired behavior).

I love it when you (specific, desired behavior).

Remember: Avoid using a general behavior and a “would **not**” or undesired behavior.

Sharing a Love Buster: (General Love Buster Categories: Selfish Demands, Disrespectful Judgments, Angry Outbursts, Dishonesty, Independent Behavior, Annoying Habits)

I'm bothered when you (specific behavior)

I'd love it if you could (specific, desired behavior).

I need you to (specific behavior).

Valuing Honesty:

Thank you for being honest with me.

I'd love it if we could do _____. How would you feel about that?

I'm not enthusiastic about that idea. Let's negotiate.

That would be a _____ (give a number rating on a 1 to 5 rating scale) for me.

Negotiation Guidelines: (Remember: Use a notebook to help guide the process.)

1. **Agree to make the negotiation pleasant and safe.** (Can you smile?)
2. **Understand each other's perspectives.** (Share about 2-4 sentences about your values, why is it important, use “I” statements, then restate each other's perspective.)
3. **Brainstorm.** (Avoid comments about any ideas.)
4. **Vote.** (Use the 1-5 rating or yes-no-maybe; choose idea with mutual enthusiastic agreement.)

Plan for Eliminating Angry Outbursts:

1. Understand: The feeling of anger usually occurs when we **don't get what we want.**
2. **Chemicals** are released into our brain and body when we don't get what we want; our fight/flight part of the brain (amygdala) is triggered.
3. **Symptoms:** The chemicals produce physical symptoms like a faster heartbeat, “whoosh”/rush feeling, tight chest, hot/cold feeling, faster speech, tight jaw/forehead.
4. When those symptoms are **first-felt**, a person is entering **irrational territory** and should consider themselves a potential threat to others.
5. Remove yourself from room by saying: **“Sweety, I need to go to the bathroom. I'll be back in 5 minutes.”** (If in the car, say, “Sweety, I need 5 minutes of quiet; then I can talk.”)
6. While away, try to breathe deeper and slower and, most importantly, think of an **empathetic thought** to help you relax. For example, “My wife/husband may have had something happen today that I don't know about that caused her/him to be late.”
7. Come up with an **I'd love it if, I need, or I'm not enthusiastic about that** statement.
8. If you can't tell your honesty statement face-to-face, **write a short note** with your gift of honesty.

Gift of Time: Privacy (**Undivided Attention**), Objectives (**Meet needs of Affection, Sexual Fulfillment, Intimate Conversation, Recreational Companionship**), and Amount (**15 hours scheduled each week**).

FGL Feedback Time Practice: Gift of Protection

Please refer to the Feedback Time instructions in your *Four Gifts of 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** Love Buster from your Review Worksheet, under "Gift of Protection," and start the feedback practice process.

1. **GENERAL LOVE BUSTER:** *For the Love Buster* _____ ...
2. **SPECIFIC BEHAVIORS:** ... *this is what I've been doing to protect you from my Love Buster* (list specific, alternative behaviors you are doing to protect your spouse):

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

Are you feeling protected or are my behaviors still causing you to be unhappy?

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/alternative, specific behavior suggestions) ...

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 #3: Sue is not happy about John's increased travel schedule for work. It is taking him away from the family for 2-3 days each week. She is feeling overwhelmed with taking care of the children alone and is feeling neglected. John feels that it is part of the job, and they need to accept it. What are some ways that both spouses could be happy without a change in their perspectives?

What is the conflict?

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

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


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

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?

Feedback Time: Protection 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**.

	ASSIGNMENT PLANNER	Date	Time	<input checked="" type="checkbox"/>
B3.1 Read Together: Dating the One You Married, Part 15 (https://www.FourGiftsofLove.org/articles)		_____	_____	<input type="checkbox"/>
Download the E2: Explore & Engage and WHY? Four Gifts of Love apps , if possible (FourGiftsofLove.org/mobileapps), and start using E2 as a conversation starter on dates and WHY? to encourage your FGL lifestyle		_____	_____	<input type="checkbox"/>
B3.2 Read Together: Peace and Good Will		_____	_____	<input type="checkbox"/>
B3.3 Read Together: How to Negotiate, Part 1 How to Negotiate, Part 2		_____	_____	<input type="checkbox"/>
B3.4 Read Together: Rules that Guide Good Habit Formation in Marriage		_____	_____	<input type="checkbox"/>
B3.5 As a couple, write down three creative, unusual, low-cost date ideas to try in the next month (e.g., get a bag of sand, put the sand in a tray for your feet, and listen to an “ocean waves” audio while doing E2: Explore & Engage app together)		_____	_____	<input type="checkbox"/>