

FGL Feedback Time Practice: Gift of Care

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 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):

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) ...

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.*