

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 need 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 that 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?

RETURN SHEET to your spouse with feedback.

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.*