

APPENDIX G

SKILLS REVIEW SHEET

For the Four Gifts of Love® Class

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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:

I'm bothered when you (specific behavior) or *I'd love it if you could* (specific, desired behavior) or *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: **“Sweetie, I need to go to the bathroom. I'll be back in 5 minutes.”** (If in the car, say, “Sweetie, 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**).