

Assignment 7.4

Instructions: With your partner, thoroughly read the guidelines listed below, *Feedback Time*, and answer the following questions. **Re-read** the guidelines and go through the feedback process to fine-tune your promise-fulfilling plan to meet your partner's emotional needs and eliminate your Love Busters.

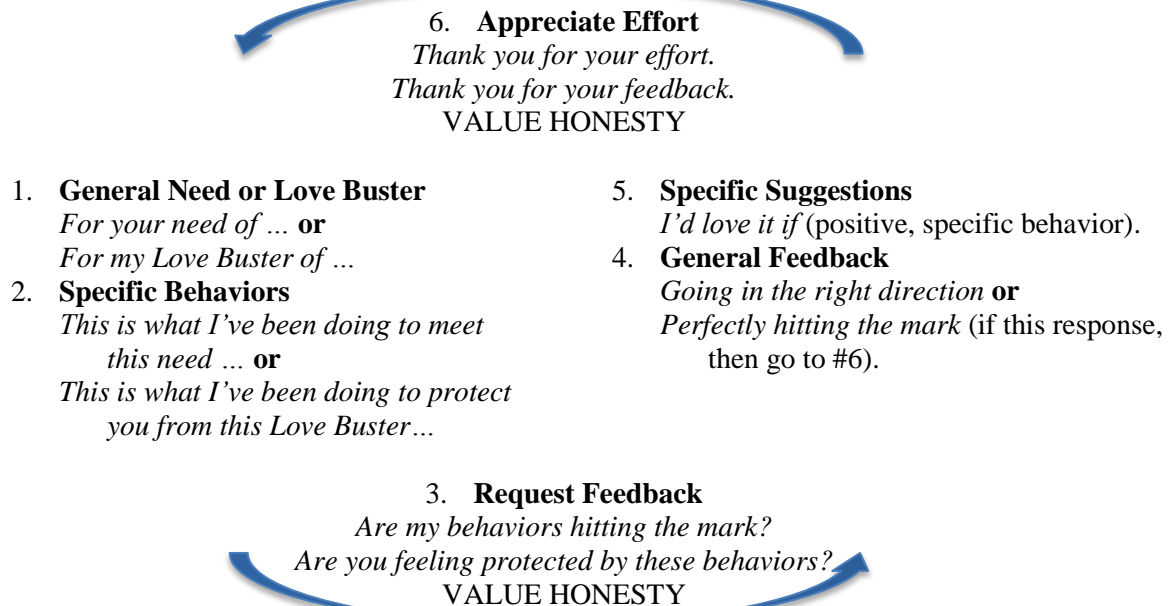
FEEDBACK TIME: *I'd Love it if...*

Together, thoroughly read the guidelines and below before starting the feedback process. Then, using those guidelines with each other, evaluate the effectiveness and fine-tune your gift-giving plans to meet each other's needs and eliminate Love Busters.

These guidelines provide a basic structure to help you fine-tune your plans. As you use them in the weeks and months to come, you may modify them to better fit your relationship. But for now, please follow these guidelines **exactly** as they are stated.

Here is a summary of the steps to follow:

FEEDBACK TIME PROCESS



Feedback Process Guidelines:

1. Create a pleasant and comfortable environment to discuss your plans.
2. The goal of this exercise is to fine-tune your **OWN** plan to give the gifts of care and protection. You will be reviewing your plan and gathering feedback from your partner as to how you can improve it.
3. To review the gift of care, begin with each other's first need. From your prepared Review Worksheet (Appendix D), explain what specific behaviors you've been doing to meet your partner's need. Ask each other, "**How do those behaviors affect my account in your Love Bank**" or "**Are my behaviors hitting the**

mark?” Do not use the phrase “How am I doing?” because it’s too general. You’ll create a more effective plan by explaining precisely what you’ve done and asking for feedback as to the effect of that behavior. After each person has reviewed his/her plan to meet that need and received feedback regarding how the plan is affecting the other’s Love Bank, then go on to the second need listed. Do the same for the remaining three needs. Try to complete this review in less than 30 minutes.

4. To review the gift of protection, use the same method stated above, taking turns as you discuss the Love Busters from your Review Worksheet. Describe the changes you have been making, and ask your partner if there’s been an improvement—**“This is what I’ve been doing to protect you from my Love Busters... (describe specific behaviors). Are you feeling protected by these behaviors or are my behaviors still causing you to be unhappy?”** Try to complete this review in less than 30 minutes.
5. If the feedback regarding the elimination of your Love Buster is positive, keep up your individual review schedule and continue practicing. If the feedback indicates that the Love Buster still needs work, try to a) add to or change the plan, b) review your plan more often (e.g., at least once a day), and/or c) look for a group, counselor, or friend who can help with accountability and encouragement as you work toward eliminating the Love Buster.
6. Remember, your feedback must be given with care. Avoid being disrespectful, critical, or demanding. You should give information about the quality (the way the specific behavior meets the need) and quantity (how often and how much time the desired behavior is given). Try to suggest what you would like (specific desired behavior). For example, “I would love it if you could call me three times a day, instead of once” (quantity) or “I would love it if you hugged me like this” (quality).
7. If the way you try to meet each other’s emotional needs is not mutually appealing, then try to discover other options. You may consider trying an option for a short period of time. But if it is uncomfortable for either of you after the trial period, avoid doing it in the future.
8. 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.
9. Schedule **another feedback time in 1 week and then every month or three months for your entire marriage**. Subsequent reviews should take less time and can be less structured. But remember, needs change and thoughtless habits may return. By committing to a short review once a month or at least every three months, you will avoid getting too far off track.
10. If needed, here is an **alternative Feedback Time option**: For the **one requesting feedback**, write out Steps 1-3 and give the paper to your spouse; For the **one giving feedback**, write out Steps 4-6 and returned to the requester.



Based upon the reading, please fill in the blanks.

Skills Review: To help you remember some phrases learned in this class, a **Skills Review Sheet** (Appendix G, p. 221) is provided for your convenience.

Why should you avoid using the phrase “How am I doing” during Feedback Time?

If you need to make any adjustments to your plan to care or protect, why should you write down your changed behaviors on the Four Gifts of Love Review Worksheet?

Why would you want to suggest a specific desired behavior to your partner instead of only saying what you don’t want?

WHAT’S NEXT? One assignment left! Assignment 7.5 will help you review the Four Gifts of Love and “put it all together.”