

## 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):

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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) ...

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*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.*