

Feedback Wheel

Use only 1 to 2 sentences in each step

1. What I saw or heard?

*In no more than 2 sentences describe the particular, specific, observable behavior and/or words that caught your attention as if you were noting what you saw /heard from a video recording

2. How I perceived it?

*“The story I tell myself is...”
* Share your interpretation of the event. The key is to describe it as the story that you created, not what your partner thought, intended, felt, or believed. With this frame you

4. What I’m asking for now is...

* Be concrete
* Try to ask specifically for what will make you feel better and move your relationship back into harmony.
*After the request, the listening partner says “yes” or “no” to the request - this is not a time for defensive retort, or negotiation with yourself

3. How I felt about it?

*Get in touch with how you feel when you tell the story (stories) from step 2
*Make sure you are expressing a feeling, not a theory or belief
* Use “I” statements
* Try to identify and express the layers of feelings, feelings are often felt in combination

NOTE: The FBW is a powerful tool to do with oneself too, all steps are the same except at step 4 for something concrete from yourself that will move you back into a healthy balance with yourself.

*Adapted from Terry Real’s “The New Rules of Marriage: What You Need to Know to Make Love Work