

The Feedback Wheel

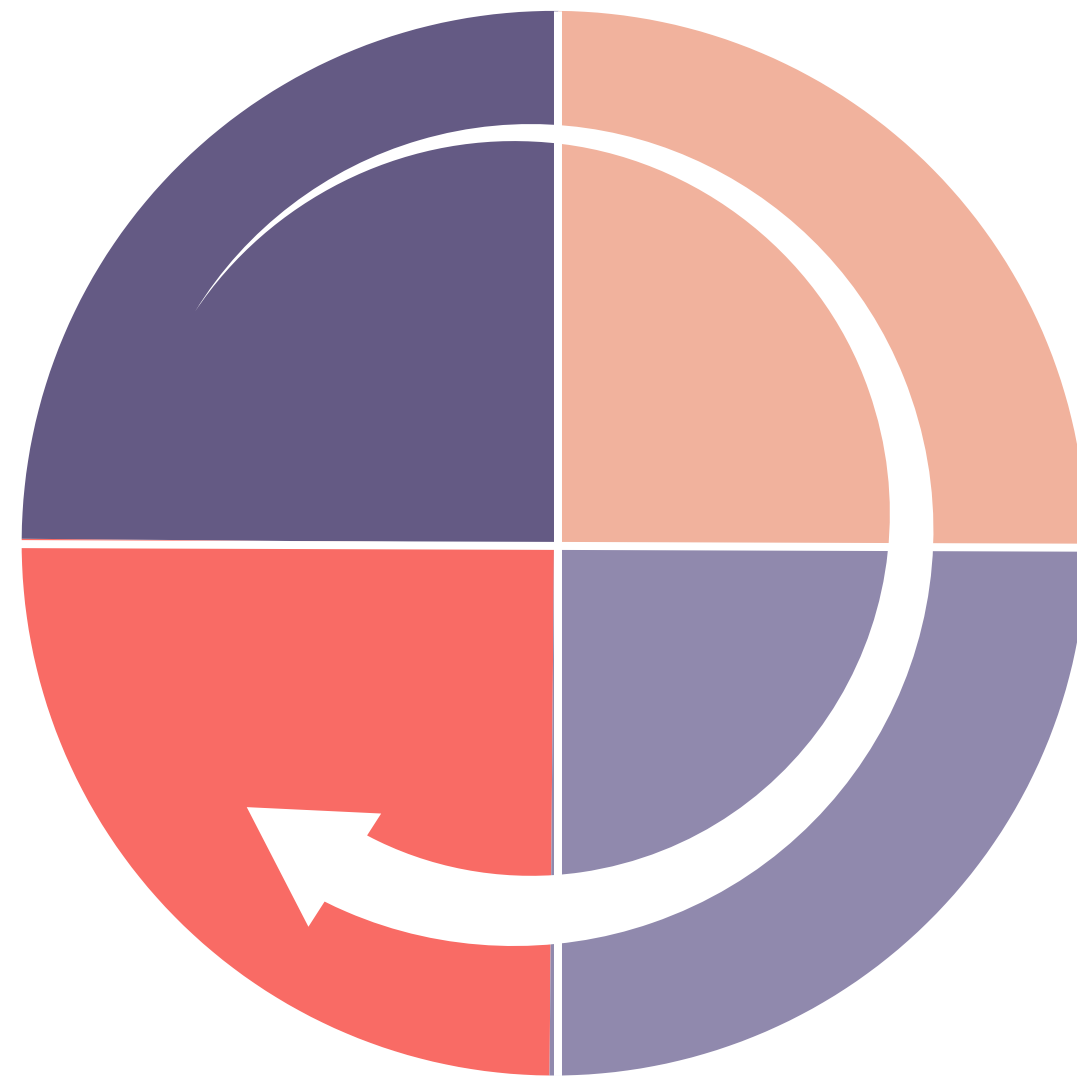
Practices For a Successful Relationship

**1. What I Saw
or Heard**

**2. What I Made
Up About It**

**3. How I felt
About It**

**4. What I'd
Like**



Adapted from Janet Hurley and Pia Mellody