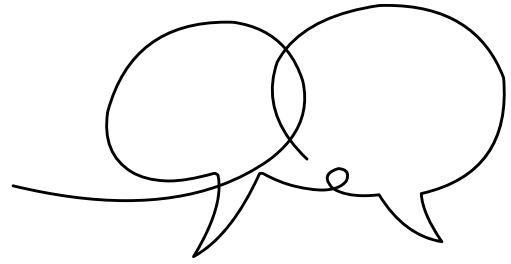


THE FEEDBACK WHEEL EXERCISE



The feedback wheel is a communication model that empowers you as a couple to effectively share and receive feedback. Each step of the feedback wheel should be short—just a couple of sentences.

Think of it as a practical script that helps you stop fights before they happen, and break free when you get stuck in an argument. The goal of this exercise is to reframe a recent disagreement you had.

Partner A | Listener

- Remember, this is often the tougher of the two roles.
- Imagine you are at the Customer Service Help Department. Your objective is do what you can to make things better.

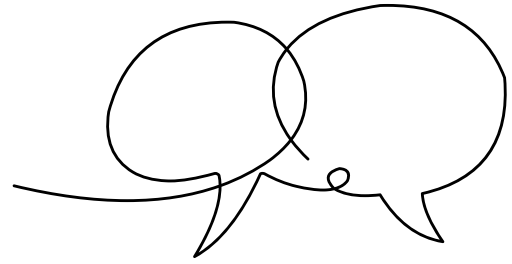
Partner B | Speaker

- Think about a recent argument you had and what bothered you about it
- But remember that you are motivated by love and a desire to repair/reconnect. Now go through the wheel.

#1. What I experienced

Describe what you saw/heard about ONE specific event. Only observable behaviors are allowed.

THE FEEDBACK WHEEL EXERCISE



#2. What I made up about it

Explain what you thought about the behaviors you observed.

#3. How I feel about it

Use an emotion such as joy, pain, anger, fear, love, shame, guilt..

#4. What I would like right now

Make a request that is specific, actionable, reasonable and will help you to feel better.