

FEEDBACK WHEEL/SPEAKER & LISTENER

Partner A: Speaker (less is more)

1. Contract with your partner i.e. "Is now a good time to talk?"
2. Remember love
3. Share the incident
4. What I made up about it...
5. I feel... (sad, pain, frustration, anger, shame)
6. What I would like...

Partner B (actively listen)

1. Yes now is a good time. If no, say when is a good time
2. Remember love
3. Drop the inner-rebuttal, just listen
4. Convey back what you heard (antidote to needing to be right)
5. Give what you can (respond to the request)