

# Giving Feedback

## Senses

"I (see, **hear**, smell) you on the computer the 3rd night in a row. ."

Be specific about the information you are reacting to.

## Feelings

"I feel hurt ."

Use one or more of the six core feelings to describe your emotion(s). (*sad, glad, mad, ashamed, hurt, afraid*)

## Thoughts

"I think you would rather do that than spend time with me. ."

Say what you are thinking. Be careful not to make judgmental statements. ie. "I think you are a jerk."

## Desire

"I would like to watch a movie together. ."

Say what you are thinking. Be careful not to make judgmental statements. ie. "I think you are a jerk."

## Actions

"I will wait until you finish your game, if you'd like. ."

Say what you are willing to do to resolve the situation.

**Go back through the cycle again if needed.**

*"I see you still on the computer."*

*"I feel hurt, angry and afraid."*

*"I think you are neglecting our family."*

*"I would like you to stop and talk to me about it."*

*"I will try to understand what you tell me about it."*