

HOW TO SPEAK: Using The Feedback Wheel

STEP 1: State observable behavior.

- “When you leave the dishes in the sink . . .”

STEP 2: Explain what you made up about it.

- “The meaning I give to “it” (*Stay with the present incident. Don’t bring in past behaviors*)

STEP 3: Say how you feel about it.

- “I make myself feel . . .” or “About that I feel . . .”
 - Joy, Pain, Anger, Fear, Love, Shame, Guilt...

STEP 4: Ask for what you would like – a measurable and specific behavior.

- “What I would like is . . .” (Either now and/or in the future)

Your Feedback Wheel

STEP 1: _____

STEP 2: _____

STEP 3: _____

STEP 4: _____