

# FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

## 6. SHIFT FROM COMPLAINT TO REQUEST – HOW TO SPEAK

**Don't complain! Make a request!** Tell your partner how you feel and what you want.

### YOUR PRACTICE

#### USE THE FEEDBACK WHEEL

**A** - Remember love. The person you are speaking to is not the enemy. The reason you are speaking is to make things better.

**B** - Contract with your partner to do the process. Don't just dump. Ask "is this a good time?"

**C** - Use the four steps of the Feedback Wheel

**STEP 1: State what you saw/heard about one particular event** (say only what behaviours a video can record = audio & visual information)

"This morning when you left the dishes in the sink..."

**STEP 2: Explain what you have made up about it.**

"The meaning I give to it is that you feel entitled to be irresponsible and you expect people to pick up after you like your mother did".

Don't bring in past behaviours. Don't say "always" or "never".

**STEP 3: Say how you feel about it**

"I make myself feel hurt and angry. Hurt that you don't listen to me, and angry that you don't pull your weight."

Feelings are **one word**, and may include joy, pain, anger, fear, sadness, love, shame, guilt, lonely, helpless, lust etc.

**STEP 4: Ask for what you'd like.**

"What would help me feel better is for you to apologize, reassure me that you take this seriously and tell me what you're going to do about it".

Ask for something they could **say or do** (a behaviour that a video can record) to make you feel better/that would make it right, either now or in the future.

**D - a)** Appreciate what you get **b)** Let go of what you don't get.

Here's a five-minute video where Terry Real teaches us [how to speak](#). This means learning how to complain constructively. We all have times when we need to complain. The big lesson is to learn how to do it without hurting our partner.