Repair Conversation Guide — A Calm Way to Reconnect After Arguments

1. Pause and Reset

Take a few moments to calm your body before continuing the conversation.

What helped me calm down was:

_____

2. What I Was Feeling

During the argument I was feeling:

_____

The emotion underneath my reaction was:

_____

3. What I Needed in That Moment

Something I needed but may not have expressed clearly was:

_____

4. Understanding My Partner

What I think you may have been feeling during the argument:

_____

Something I may not have understood at the time:

_____

5. Taking Responsibility

One thing I could have handled better was:

_____

6. Repair Statement

Something I want you to understand now:

_____

Something I appreciate about you even when we struggle:

_____

7. Moving Forward

One small thing we could try differently next time:

_____

From the book: *Your Relationships Can Change: The Self-Help Relationship Workbook*

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