

Speak Honest Journal Prompts



Rupture: When conflict arises, what's your go-to reaction? How could you pause and handle it differently next time?

Repair: Think about the last time you tried to repair a disagreement. Were you able to be vulnerable and listen openly? What could you do to strengthen that connection moving forward?

Resilience: Reflect on a past conflict. How did working through it together make your relationship stronger in the long run? What lessons can you carry forward into future challenges?

What to Do After a Huge Fight: Rupture and Repair

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Notes:

Stay Connected

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