

After the Argument A Simple Repair Guide for Reconnection

Arguments end, but the emotional residue often remains. This guide helps couples reconnect after conflict in a way that restores safety and trust.

Step 1: Let the nervous system settle. Give at least 20 to 60 minutes after the argument before repairing.

Step 2: Acknowledge the rupture. "That conversation was hard. I want us to reconnect."

Step 3: Name your part. "Here's where I think I contributed to the tension."

Step 4: Validate the impact. "I see how that landed for you, even if it wasn't my intention."

Step 5: Reaffirm connection. "I care about us and I want to move forward together."

After the Argument: Repair Phrases

Use one or more of these phrases:

- I've had time to reflect and I want to reconnect.
- I'm not here to restart the argument — I want repair.
- What mattered most to you in that moment?
- What would help you feel better right now?

Helpful reminders:

- Repair is about safety, not winning
- Listening matters more than explaining
- One sincere repair attempt goes a long way

After the Argument: What Helps Repair Stick

Simple actions that deepen repair:

- Gentle physical closeness if welcomed
- A calm tone and slower pace
- Owning impact without defensiveness
- Avoiding “but” explanations
- Ending with appreciation

Repair builds trust when it is sincere, timely, and consistent.

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