

WELCOME

Thank you for downloading this relationship tool.
This guide is designed to help couples de-escalate tension and reconnect with clarity and care.

CONFLICT REPAIR — MAIN GUIDE

The Conflict Reset

Pause for 30–60 seconds to let adrenaline settle.
State intention: “I want us to reconnect, not fight.”

Core 4-Step Repair Process

1. What I Felt — “I felt... because...”
2. What I Needed — “I needed...”
3. Understanding You — “I think you were feeling...”
4. Moving Forward — “Next time, let’s try...”

Connection Close

End with a small gesture: a breath together, a hand touch, or a brief hug.

SCRIPT CARDS

- I'm trying to understand you.
- Here's what I felt...
- What I needed was...
- I think you felt...
- Next time let's try...

WORKSHEET — STEP 1

What I Felt — write emotions without blame.

WORKSHEET — STEP 2

What I Needed — identify needs clearly.

WORKSHEET — STEP 3

What I Think You Felt — show effort to understand.

WORKSHEET — STEP 4

What We Try Next Time — define one improvement.

WHAT TO AVOID DURING REPAIR

- Blame statements
- Mind-reading accusations
- Bringing up old fights
- Using repair time for criticism
- Shutting down or stonewalling

EXAMPLE SCENARIO

Lena: "I felt overwhelmed because your tone sounded sharp."

Daniel: "I needed to know you weren't upset with me."

Lena: "I think you were stressed from work."

Daniel: "Next time, I'll say something calmly before reacting."

HIS & HERS REPAIR PROMPTS

"I felt _____ because _____."

"I needed _____."

"I think you were feeling _____."

"Next time, let's try _____."

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