

REPAIR SCRIPTS



INTENTION

START WITH “LET’S...”

- *slow this down enough to really listen*
- *take a breath and start again*
- *protect the rest of the evening*
- *talk about one thing at a time*
- *find a way through this together*
- *turn this around before it spirals*
- *focus on connection, not winning*

RESPONSIBILITY

AND THEN “I WILL...”

- *listen without interrupting*
- *summarize what I hear*
- *say this more respectfully*
- *focus on understanding before defending*
- *stay on my side of the street*
- *come back in 10 minutes when I am calmer*
- *help us end this in a better place*

How To Repair A Relationship Quickly Based On Research

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