



Resolve Conflict & Repair Faster with The PAIR Tool.

PAIR = PRESENT • ASSUME THE BEST • INTENTION • RESPONSIBILITY

Happy couples maintain a five-to-one ratio of positive to negative interactions during conflict. The key is rapid repair. Rather than debating the issue while triggered, shift your focus to **restoring connection** and settling the fight-or-flight response. Regulation brings you back onto the same team and reopens access to calm, loving thinking. Here's a simple formula to use in the moment.



Pause and Be Present.

Interrupt the *confirmation bias* mental loop.
Regulate before you react. Ground your body.

BREATHE.

MINDSET



Assume The Best.

Counter *attribution bias* with compassion.
Choose kindness over contempt.

BELIEVE.



Interrupt with Intention.

Disrupt the old pattern before it repeats.
Choose where you want this moment to go.

LET'S...



Reconnect with Responsibility.

Drop the drama and exit the blame cycle.
Replace protection with partnership.

I WILL...

LEVEL SET

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