RELATIONAL

Repair Conversation Map

Move from rupture toward accountability, understanding, and a concrete next step.

FOR	Adults and couples	**TIME**	25-35 min

Repair is not proving who was right. It is making impact discussable, taking responsibility where appropriate, and deciding what would support trust or clarity from here.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Relationships / Communication / Conflict

01

Prepare your side

Regulate enough to be curious and specific.

The event, described without character judgments

What happened, when, and what was said or done?

The impact on you

Emotions, meanings, needs, and practical effects.

What part of your own response can you own?

Responsibility is not the same as taking all the blame.

02

Make room for two realities

Understanding intent does not erase impact.

What do you want the other person to understand?

Choose the essential point.

What are you genuinely curious about?

Ask a question you do not already think you know the answer to.

What might be true from their perspective?

Hold this as a possibility, not a fact.

03

Define repair

Repair needs observable action, not only reassurance.

What acknowledgment or accountability would matter?

Be concrete.

What change or agreement could be tested?

Who will do what, and when will you review it?

If repair is not available, what boundary is needed?

Clarify your next step.

> *Do not use joint repair work where coercion, abuse, or fear makes mutual conversation unsafe.*