

ONE MINDSET GO

Conflict Repair

A practical guide for moving from tension and hurt back toward understanding.

Repair Matters

Conflict happens in every relationship. Repair is what helps couples move from hurt and defensiveness back toward understanding and connection.

Before you begin: Ask yourself: Am I calm enough to listen? Am I trying to understand, or trying to win? If emotions are still high, agree on a time to return to the conversation.

Step 1 - Describe What Happened

Stay with the specific situation instead of attacking your partner's character.

Instead of: "You never care about me."
Try: "When that happened, I felt dismissed."

When _____ happened, I felt _____ because...

Step 2 - Take Responsibility

What part of this belongs to me?

Step 3 - Understand the Hurt

Ask: "What was the hardest part of that for you?" Then listen without correcting their experience.

What I heard my partner say:

Step 4 - Repair

- ☐ I can understand why that hurt.
- ☐ I am sorry for the way I handled that.
- ☐ That was not what I wanted you to feel.
- ☐ What would help us handle this differently next time?

Step 5 - Make One Change

Next time we disagree, we will...

Repair does not erase the conflict. It helps you learn from it so the same hurt does not have to keep repeating.