Repair conversation guide

Before you talk

Pick a calm moment

Not mid-argument, not right before bed. Ask: "Is now a good time to talk about earlier?"

Check your own state

If your heart is racing or you feel shut down, take twenty minutes first.

Know your aim

The goal is to understand each other again, not to win or re-litigate the details.

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Opening the conversation

Start with yourself

"I've been thinking about what happened, and I want to understand it better."

Own your part

"I got defensive when you brought up the weekend. I'm sorry for snapping."

Invite their view

"Can you tell me what it was like for you?" Then listen without correcting.

For personal use alongside therapy. Not a substitute for professional care. In crisis? Call or text 988.

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Reconnecting

Reflect back

"So it felt like I didn't care about the plans you'd made. Is that right?"

Name a need

"What I needed in that moment was ..." Keep it to one need at a time.

Agree one small change

Something concrete you'll each try next time. Then do something kind together.

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