Repair and reconnect

Phrases to help you find your way back to each other after a disagreement.

Choose two or three that feel natural to you. Say them in your own words, and with a gentle tone.

I need a pause

"I'm getting overwhelmed. Can we take 20 minutes?"

"I want to get this right. Can we slow down?"

"Let's stop for now and come back after dinner."

Owning my part

"You're right about that part."

"I'm sorry, that came out harsher than I meant."

"I can see how that hurt you."

Softening

"Can we start again?"

"I'm on your side, even right now."

"I think we're in our loop again."

Reaching for connection

"I miss feeling close to you."

"Can I have a hug?"

"What do you need from me right now?"

Appreciation

"Thank you for listening to me."

"I appreciate you trying."

"I love that we keep working on this."

Checking in

"How are you feeling about what I said?"

"What was that like for you?"

"Is there anything you didn't get to say?"

If there is violence or fear in your relationship, call 1800RESPECT on 1800 737 732, or 000 in an emergency.

After the storm

A calmer conversation for when you both feel settled again.



1 Share what you felt

Talk about your feelings, not who was right. “I felt alone and unimportant.”

2 Notice what was underneath

Was something older stirred up? “It reminded me of feeling ignored growing up.”

3 Own your part

Even a small part. “I raised it when we were both exhausted.”

4 Plan for next time

“Next time, let's take a break before it gets heated.”

I feel … about … I need …

I feel _____ about _____ I need _____

I feel _____ about _____ I need _____

I feel _____ about _____ I need _____

Our pause plan

Our signal or phrase for a break: _____

How long we'll take (at least 20 minutes): _____

What I'll do to calm down: _____

When we'll come back to it: _____

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