

Repair Scripts

When conflict happens, relationships don't have to end. They can repair. This worksheet helps you create "scripts" you can lean on when your emotions are big, but you still want to take responsibility and reconnect.

Step 1: Identify the Situation. What happened that caused harm or tension?

Example: "I yelled during our argument and said something unfair."

Step 2: Acknowledge Your Part. What do you genuinely take responsibility for?

Example: "I shouldn't have raised my voice or called you names."

Step 3: Express Empathy. How do you think the other person may have felt?

Step 4: Offer Repair. What can you say or do to show you're committed to repairing?

Example: "I want to talk about what happened in a calmer way. Next time I'll take a break before I yell."

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Tip: These aren't magic words. They are scaffolding. The goal is not a "perfect apology" but a repair attempt that's honest and human.

Step 5: Practice a Script. Fill in your own blanks: "I know when I _____, it made you feel _____. I'm sorry for that. Next time I will _____."

Step 6: Optional Closure. Sometimes you can end with reassurance or gratitude. *Example: "I care about you and I want to get through this together."*
