

Repair Conversation Worksheet After an Argument

Print one copy for each partner. Name: _____ Date: _____

My side

Describe it like a camera would, then add your feelings.

From my side, what happened was...

While it was happening, I felt...

What I needed in that moment was...

My part

This is about taking responsibility for something specific, not about blaming yourself or your partner.

One thing I did that made it harder was...

be specific: a tone, a word, walking out

What I wish I had done instead is...

Your side

What I understand about your side is...

What makes sense to me about how you reacted is...

Next time

Next time this comes up, we will try...

A phrase that would help me calm down is...

the repair phrases card has ideas

Repair agreement

- ☐ We both waited until we were calm
- ☐ Each of us took responsibility for one specific thing
- ☐ Each of us said what we understood about the other
- ☐ We agreed on one thing to try next time
- ☐ We ended with a small act of care, like a hug or a cup of tea

988lifeline.org. In an emergency, call 911.