

Marriage Reset

The R.E.P.A.I.R. Conversation

A Post-Conflict Debrief for Couples

Every marriage experiences disagreement. What strengthens a relationship is not avoiding conflict, but repairing connection afterward.

The **R.E.P.A.I.R. Conversation** helps couples slow down, reflect, understand each other, and move forward together.

R.E.P.A.I.R.

- R — Reflect on what matters most**
- E — Examine your story**
- P — Point to the facts**
- A — Ask for your spouse's perspective**
- I — Identify what will repair the situation**
- R — Reset expectations moving forward**

R — Reflect on What Matters Most

Start with the Heart

When emotions are high, it is easy to focus on being right instead of protecting the relationship.

Before discussing the disagreement, pause and ask yourself:

- **What do I truly want for myself in this situation?**
- **What do I truly want for my spouse?**
- **What do I truly want for our relationship?**

These questions help shift the focus from **winning the argument to protecting the marriage.**

E — Examine Your Story

Challenge Your Assumptions

In conflict, our minds quickly create stories about the other person's intentions. These stories are often incomplete or incorrect.

Ask yourself:

- **What part of this situation could I be ignoring about my own role?**
- **Since my spouse is a reasonable and caring person, what might explain their behavior?**
- **Is there another way I could interpret what happened?**

Examining your story helps reduce defensiveness and opens the door to understanding.

P — Point to the Facts

Separate Facts from Interpretations

Now identify what actually happened without blame or exaggeration. Facts are things that could be recorded on a video camera.

- **What actually happened during the disagreement?**

Avoid statements like: "You always do this."

Instead focus on observable events. For example: "*Yesterday during dinner we began discussing finances and the conversation became tense.*"

A — Ask for Your Spouse's Perspective

Seek to Understand

Healthy conversations create space for both people to be heard.

Ask your spouse:

- **How did you experience the situation?**
- **What were you feeling in that moment?**

- **What did you need from me during that conversation?**

Your goal is not to prepare your response.

Your goal is to **listen with curiosity and empathy.**

I — Identify What Will Repair the Situation

Restore Emotional Safety

After understanding each other's perspectives, ask:

What would help repair this situation?

Sometimes repair may include:

- Offering a sincere apology
- Clarifying misunderstandings
- Acknowledging hurt feelings
- Reaffirming love and commitment
- Agreeing on a healthier way to approach the issue

- **What steps can we take to repair this moment?**

R — Reset Expectations Moving Forward

Create a Better Path

Healthy couples use conflict as an opportunity to grow.

Discuss what changes would help prevent similar conflict in the future.

- **Going forward, I will work on:**
- **Going forward, I would appreciate if my spouse could:**
- **One practical step we will take moving forward is:**

Marriage Reset Worksheet

R — Reflect on What Matters Most

What do I truly want for myself in this situation?

What do I truly want for my spouse?

What do I truly want for our relationship?

E — Examine Your Story

What part of this situation could I be ignoring about my own role?

Since my spouse is a reasonable and caring person, what might explain their behavior?

Is there another way I could interpret what happened?

P — Point to the Facts

What actually happened during the disagreement?

A — Ask for Your Spouse's Perspective

Ask your spouse:

How did you experience the situation?

What were you feeling in that moment?

What did you need from me during that conversation?

I — Identify What Will Repair the Situation

What steps can we take to repair this moment?

R — Reset Expectations Moving Forward

Going forward, I will work on:

Going forward, I would appreciate if my spouse could:

One practical step we will take moving forward is:
