

Personal Audit

What were the positive aspects of your relationship before the estrangement?

When did the relationship start to deteriorate, and what events led to the estrangement?

What role did you play in the estrangement, and what role did the other person play?

Describe the hurt and anger you feel due to the estrangement.

Exercise

Create a timeline of your relationship, marking significant events, both positive and negative. Use different colors to represent your role and the other person's role in each event.



Motivation Exploration

Why is reconciling this relationship important to you?

What do you miss most about the relationship before the estrangement?

How do you envision your relationship with this person in the future if reconciliation is successful?

Exercise

Write a letter to the person describing your motivation for wanting to reconcile. Focus on your feelings and hopes for the future, rather than the past conflicts. You don't need to send this letter; it's for your own clarity.

Exercise

Self-Reflection

What triggers you when interacting with the estranged person, and how do you typically respond?

Are there any patterns in your behavior or communication style that might have contributed to the estrangement?


How can you manage your hurt and anger to prevent them from interfering with the reconciliation process?

Exercise

Develop a personal coping plan for managing your triggers and emotional responses. Include strategies like deep breathing, taking breaks, or seeking support from others.

Who in your life can provide emotional support during the reconciliation process?

Are there any professionals, such as therapists or spiritual leaders, who can offer guidance and support?



Who can help you maintain perspective and stay accountable to your reconciliation goals?

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Exercise

Create a support system map, placing yourself at the center and arranging your support people around you. Draw lines to connect yourself to each person, and label the lines with the type of support they can provide.

PERSPECTIVE: How might the other person describe the events that led to the estrangement? Are these external factors or influences that might be shaping their perspective?

Exercise

Write a narrative of the estrangement from the other person's point of view. Use "I" statements and focus on their thoughts, feelings, and experiences.

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Conversation Preparation

What are some neutral topics you can use to start a conversation (e.g., shared interests, recent events)?

How can you express your desire to understand their perspective without making them feel defensive?

What words or phrases can you use to show empathy and validate their experiences?

Exercise

Draft three potential conversation openers you can use in your first reconciliation conversation. Focus on creating a safe, non-threatening atmosphere.

Forgiveness Reflection

What does forgiveness mean to you, and why is it important in the reconciliation process?

How can you work towards forgiveness even if the other person hasn't apologized or changed their behavior?

What are the benefits of embracing forgiveness for your own well-being?

Exercise

Write a forgiveness affirmation that you can repeat to yourself daily. Focus on releasing resentment and embracing compassion!

Gratitude Letter

What positive qualities do you appreciate about the other person?



What cherished memories from your relationship are you grateful for?

How has this relationship contributed to your personal growth or life experiences?

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Exercise

Write a gratitude letter to the person, expressing your appreciation for the positive aspects of your relationship. You can decide later whether to send it.


Boundary Definition

What physical, emotional, or communication boundaries do you need to feel safe during the reconciliation process?

How will you communicate these boundaries to the other person?

What will you do if your boundaries are violated?

Exercise



Create a personal boundary agreement outlining your needs and expectations. Share this with a trusted support person who can help you maintain these boundaries.

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Self-Care Plan

What activities help you manage stress and maintain emotional well-being?

How will you prioritize self-care during the reconciliation process?

What signs will you look for to know when you need to step back and focus on self-care?

Exercise



Design a weekly self-care schedule that includes activities like exercise, relaxation, hobbies, and time with supportive people.

Reconciliation Roadmap

What small steps can you take to initiate contact and show your openness to reconciliation?

How will you gauge the other person's receptivity and adjust your approach accordingly?

What milestones will you use to mark progress in the reconciliation process?


Exercise

Create a reconciliation timeline with specific action steps and milestones. Break down larger goals into manageable tasks and assign target completion dates.



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1. 12:00 - 12:15 Cards on table
 - Settle in
 - Types of losses
 - Snacks 12:15 - 12:45 Personal Audit

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- Page 4 - Support System Map
 - Page 6 - Forgiveness Reflection
 - Page 8 - Self-Care Plan

2. 12:45 - 1:30 Move to Couch

- Each share individual story

3. 1:30 - 2:00 Back to table for craft