

DAY #5

The repair conversation

Guided Question

What was the emotional moment underneath our last conflict?

Couple Action

Use this script exactly.

Partner A

When that happened, I felt:

What I needed in that moment was:

Partner B

What I hear you saying is:

That makes sense to me.

I am sorry for my part, which was:

Swap Roles

Partner B

When that happened, I felt:

What I needed in that moment was:

Partner A

What I hear you saying is:

That makes sense to me.

I am sorry for my part, which was:

Reflection Prompt

What felt different when I focused on understanding instead of defending?
