



Repairing After a Difficult Conversation

Relationships & connection • Printable practice

A pause-and-return guide for two people who want to understand a disagreement without treating one person as the problem.

Pause before problem solving

Agree to resume when both people have enough capacity to listen. Either person may ask for a break and suggest a specific time to reconnect.

Describe one moment, not the entire relationship

Each person shares one specific moment that felt difficult and what they experienced. Avoid guessing the other person's intentions.

Name what would help now

Each person asks for one practical repair: clarification, a change in timing, acknowledgment, or a concrete future agreement.

Try it together

1. What was the moment I want my partner to understand?

2. What did I need but struggle to say?

3. What one agreement could we try next time?
