Finding our way *back.*

Why this helps: sorting out what each of you felt and needed makes reconnecting easier. Processing time is okay, and written repair counts too.

How to use it: fill in your side first, then make your best guess at theirs.

My side

What happened

What I felt

What I needed

COMMON GROUND

Their side *(my best guess)*

What happened, from where they stood

What I think they felt

What I think they needed

COMMON GROUND What do we both want or care about?

Example: *we both want to feel heard.*

REPAIR PLAN Go at your own pace. You can come back to this.

1 What I want to own →

2 What I want to ask for →

3 How I'll reach out (circle one)

in person · text · letter · with support

REPAIR SCRIPT

I've been thinking about _____ .

I'm sorry for _____ .

What I needed was _____ .

Can we _____ ?

REFLECT *What would help me handle this differently next time?*