

**REPAIR CHECKLIST**

<p style="text-align: center;"><b>I FEEL</b></p> <ol style="list-style-type: none"> <li>1. I'm feeling scared; please say that more gently.</li> <li>2. I sense that you are hurt, is this accurate?</li> <li>3. What you said hurt my feelings.</li> <li>4. That felt like an insult.</li> <li>5. I'm feeling sad.</li> <li>6. I'm feeling blamed. Can you rephrase that?</li> <li>7. I'm feeling unappreciated.</li> <li>8. I feel defensive. Can you rephrase that?</li> <li>9. I feel like you're lecturing me.</li> <li>10. I don't feel like you understand me right now.</li> <li>11. I feel criticized. Can you rephrase that?</li> <li>12. I'm getting worried.</li> <li>13. I sense you are withdrawing, please don't.</li> </ol>	<p style="text-align: center;"><b>I NEED TO CALM DOWN</b></p> <ol style="list-style-type: none"> <li>1. Can you help to make things safer for me?</li> <li>2. I need things to be calmer right now.</li> <li>3. I need your support right now.</li> <li>4. Just listen to me right now and try to understand.</li> <li>5. Tell me you love me.</li> <li>6. Can I have a kiss?</li> <li>7. That's not what I meant...</li> <li>8. I really need your gentleness right now.</li> <li>9. Please help me to calm down.</li> <li>10. Please just try to listen to me.</li> <li>11. This is important to me.</li> <li>12. I was not finished with what I was saying.</li> <li>13. I am starting to feel flooded.</li> <li>14. Can we take a break?</li> <li>15. Can we talk about something else for a while?</li> </ol>
<p style="text-align: center;"><b>SORRY</b></p> <ol style="list-style-type: none"> <li>1. My reactions were too extreme. I'm sorry.</li> <li>2. I really blew that one.</li> <li>3. Let me try again.</li> <li>4. I want to be gentler to your right now and I don't know how.</li> <li>5. Tell me what you hear me saying.</li> <li>6. I can see my part in this.</li> <li>7. How can I make things better?</li> <li>8. Let's try that one over again.</li> <li>9. What you are saying is...</li> <li>10. Let me start again in a softer way...</li> <li>11. I'm sorry – please forgive me.</li> </ol>	<p style="text-align: center;"><b>STOP ACTION</b></p> <ol style="list-style-type: none"> <li>1. I might be off base here...</li> <li>2. Please let's stop for a while.</li> <li>3. Let's take a break.</li> <li>4. Give me a moment. I'll be back.</li> <li>5. I'm feeling flooded.</li> <li>6. Let's start over again – please sum up what you would like me to understand.</li> <li>7. Hang in there – don't withdraw.</li> <li>8. I want to change the topic, is that ok?</li> </ol>
<p style="text-align: center;"><b>GETTING TO UNDERSTANDING</b></p> <ol style="list-style-type: none"> <li>1. I can see how you were hurt...</li> <li>2. I'm beginning to understand...</li> <li>3. I can see a part of what you're saying...</li> <li>2. I'm wondering if we can compromise here...</li> <li>3. Let's find some common ground.</li> <li>4. I never thought of things that way.</li> <li>5. My problem is not very serious in the big picture.</li> <li>6. I think your point of view makes sense.</li> <li>7. Let's see how we can consider and incorporate both our views in a solution.</li> </ol>	<p style="text-align: center;"><b>I APPRECIATE</b></p> <ol style="list-style-type: none"> <li>1. I know this isn't your fault.</li> <li>2. My part of this problem is...</li> <li>3. I see your point.</li> <li>4. Thank you for...</li> <li>5. That's a good point.</li> <li>6. I think we are both saying...</li> <li>7. I understand.</li> <li>8. I love you.</li> <li>9. I am thankful for...</li> <li>10. One thing I admire about you is...</li> <li>11. I see what you're talking about...</li> <li>12. This is not your problem, it's OUR problem.</li> </ol>