

REPAIR CHECKLIST

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