The Repair Routine

For when we keep having the same fight.

In the moment: pause. “I am flooded. Can we come back at ___?” At least 20 minutes to calm down. Always come back.

Within 24 hours: repair talk. Take turns:

1. What I felt.
2. What I needed.
3. My part.
4. One thing I will do differently.

End with a hug or “we are on the same team.”

Every day: 20-minute stress talk. Outside stress only. Take their side. No fixing unless asked.

Every week: the recurring fight gets a calm slot. “What is this really about for you?”

From CoupleCareRoutine.com