

Repair Statement

SHEET 2 • YOUR PARTNER'S TURN

Partner's Response — now you listen

1 While your partner is talking, record what you hear

Write down their **core feeling**, **body sensation**, **core fear** and **core need**.

PARTNER'S CORE FEELING

"Deep inside, I felt..."

PARTNER'S BODY SENSATION

"And I noticed I had..."

PARTNER'S CORE FEAR

"A fear came up in me that I am..."

PARTNER'S CORE NEED

"What I needed was to know that..."

2 Reflect it back

Once your partner is finished sharing the above, respond with: *"What I hear you say was that you felt..."* — then say all four back to them.

3 Check whether you got it right

Ask: *"Is there anything you want to add or change to what I just reflected back?"*

If **yes** — listen, and reflect back both their words and their tone. If **no** — go on to step 4.

STEP 4 — SAY IT INTO YOUR PARTNER'S EYES

"I'm sorry I hurt you."

Three times — slowly.

Step 5 — Core Reassurances

Finally, offer them their core reassurance — which you may need to ask them for — three times slowly:

I'll never leave you. • You could not get rid of me if you tried. • I'm in this for the long haul. • You are the most important person in my life. • You matter more than anything else. • I love you just the way you are. • I'm so lucky to have you in my life. • You are irreplaceable. • You are more than good enough. • I appreciate you so much. • I am so lucky to have you.