

Repair Statement

Taking Responsibility and Making a Bid for Repair

“I’d like to repair something with you. Is this a good time?”

If no — find a mutual time that works, and come back then. If yes — begin below.

The Trigger — one sentence

Briefly describe exactly how your partner triggered you. Describe specifically what you **saw** and **heard**: actions, verbatim words, gestures, facial expression, tone. Leave out interpretations, evaluations, analysis, labels and judgments. *Easier said than done!*

“When I saw you do / heard you say...”

Part 1 — Protective / Reactive Responses

Circle one in each category below

Protective Story

...a story came up in my mind that:

I’m all alone. We’re never close anymore. • I’m way down on the list. I always come last. • He just doesn’t seem to care. • My feelings don’t matter. I am not sure I matter. • It’s like I’m invisible. • I don’t know how to reach him/her. • He doesn’t need me at all. • Nothing I do is ever enough. • I can never get it right, so I just give up. • I get that I am flawed somehow. • I feel like a failure as a mate. • It just all seems so hopeless. • I try to keep everything calm. • I try not to rock the boat. • I go into my shell where it’s safe. • I am just not as needy. I handle things on my own. • I try and fix things, solve the problem.

Protective Behaviors

I reacted by starting to:

Pursue • push • prod • provoke • pressure • question • complain • criticize • judge • blow up • yell • blame • preach • plead • insist • defend self • correct you • debate • ridicule • make a joke of it • withdraw • ignore • hide out • distance • space out • move away • avoid • shut down • use logic • rationalize • intellectualize • try to fix things • placate

Protective Feelings

On the outside I felt:

Annoyed • irritated • frustrated • angry • resentful • infuriated • enraged • anxious • hopeless • confused • stuck • blank • empty • numb • not feeling • paralyzed • shame

Part 2 — Core Responses

Circle one in each category below

Core Feelings

But deep inside, I felt:

Sad • hurt • pained • grief-stricken • lonely

Body Sensations

And I noticed I had:

Knot in stomach • feeling heat or coldness somewhere • tightness or pounding in chest • lump in throat • weight on shoulders • heaviness or pain in heart • shakiness, pressure or tension • numbness somewhere • buzzing or waves of energy.

Core Fears

A fear came up in me that I am:

Abandoned • rejected • left • all alone • unneeded • insignificant • unimportant • flawed • not good enough • inadequate • a failure • unlovable • controlled • trapped • suffocated • out of control • weak • hurt

Core Needs

What I needed more than anything was to know that:

I am needed by you • I matter to you • I am connected to you • I am accepted by you • I am valued by you • I am appreciated by you • I am respected by you • I am understood by you • I am trusted by you • I am cared for by you • I can depend on you • you are there for me • that you’ll be there if I call.

Now say the repair

“I am sorry I reacted that way and I would like to take it back. If I could do it over again, I would tell you that I feel...”

core feeling • body sensation • core fear

“...Also, I would have asked for a reassurance that...”

core need

Partner’s Response — now you listen

1. While your partner is talking, record their **core feeling**, **body sensation**, **core fear** and **core need**.
2. When they finish, respond with: **“What I hear you say was that you felt...”** and reflect back all four.
3. Ask: **“Is there anything you want to add or change to what I just reflected back?”** If yes, listen and reflect back both words and tone.
4. If no, then say into your partner’s eyes, three times slowly: **“I’m sorry I hurt you.”**

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.

CORE FEELING

BODY SENSATION

CORE FEAR

CORE NEED