



Repair After Conflict

A simple framework for reconnecting after difficult conversations.

Repair teaches children that conflict does not have to end connection.

Regulate first

Before I speak, I need to calm my body by:

I can wait until:

A sentence that helps me slow down is:

Return gently

I am sorry for:

What I was trying to say was:

What I imagine you may have felt is:

Rebuild trust

Next time I will try:

What do you need from me?

One thing I appreciate about you is:

Use this privately, or bring it into a Raising Between Worlds circle for shared reflection.