

Name :

Date :

RELATIONSHIP REPAIR STEPS WORKSHEET

1. Identify the Issue

- ☐ We both understand the main problem
- ☐ The issue is clearly explained (no blaming)

Notes: _____

2. Take Responsibility

- ☐ I acknowledge my mistakes
- ☐ I avoid blaming my partner
- ☐ I am willing to improve

Notes: _____

3. Understand Feelings

- ☐ I listened without interrupting
- ☐ I tried to understand my partner's feelings
- ☐ I validated their emotions

Notes: _____

4. Express Yourself Clearly

- ☐ I used calm and respectful words
- ☐ I expressed how I feel honestly
- ☐ I avoided hurtful language

Notes: _____

5. Plan a Repair Action

- ☐ We agreed on at least one solution
- ☐ The solution is realistic
- ☐ We both are willing to try it

Action Plan: _____

6. Move Forward Together

- ☐ We agreed on next steps
- ☐ We set boundaries if needed
- ☐ We committed to improving the relationship

Next Steps: _____