

Conflict to Connection: Repair Conversation Guide

Every relationship experiences moments of disconnection — what matters most is how you repair. This worksheet helps you turn conflict into connection using curiosity, empathy, and ownership. Whether you're a couple, co-parent, or family navigating tension, this process encourages calm, honest dialogue instead of reactive patterns.

Neurodivergent couples and families may find repair especially important, since miscommunication often arises from sensory overload, emotional flooding, or differing processing speeds. Use this guide to slow things down, reduce shame, and rebuild safety step by step.

Step 1: Pause & Regulate

Before repairing, make sure both people are calm enough to talk. Use grounding tools (breathing, sensory breaks, walking, music, etc.) until you're out of fight/flight/freeze.

Ask yourself:

- Am I ready to listen without defending?
- Can I take responsibility for my part?
- Do I feel safe enough to stay regulated?

Step 2: Share & Listen Using These Prompts

Take turns answering — one speaker, one listener at a time.

Speaker:

- “What hurt or bothered me was...”
- “What I needed in that moment was...”
- “What I was feeling underneath was...”

Listener:

- “What I hear you saying is...”
- “That makes sense because...”
- “I can understand how that would feel...”

Switch roles when ready.

Step 3: Reflect & Take Ownership

After both have shared, use these prompts together:

- “My part in this was...”
- “What I wish I had done differently is...”
- “Something I learned about you (or us) is...”

Step 4: Reconnect & Reset

Repair isn't about perfection — it's about returning to connection.
End with one of these grounding or reconnection options:

- A hug or eye contact if both feel safe
- A calm moment together (walk, tea, shared quiet)
- Expressing appreciation: “Something I value about you is...”

Reflection Space:

Use this section to write notes or insights for next time.