

After You Lost It

Work out how to repair things after an outburst, without drowning in it.

WHEN TO USE THIS

Use this in the hours or days after you blew up at someone.

What happened? Say it straight, without softening it and without piling on yourself.

What did it cost the other person? Put it in their words if you can.

Repair is an action, not a promise. Big promises about never again tend to make the next slip harder to face.

What repair would actually help them? Ask them if you are not sure.

1.

2.

3.

One thing you will do differently the next time this comes up.

Losing it does not erase the rest of you. What you do next is the part that counts.