

The Part After the Fight

Sort out what to say once the heat has gone out of an argument.

WHEN TO USE THIS

Use this a day or two after a fight, once you can both think again.

How settled do you feel about it now?

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1

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Still raw

Settled

Split it up as fairly as you can.

MY PART IN IT

THEIR PART

What is one thing you can own out loud, with no 'but' after it?

What do you want to be different the next time you disagree?

Repair is not about who was right. It is about whether you both want to keep going.

Fights happen. What comes after is the part people remember.