

REPAIR CHECKLIST

I feel

I'm getting scared
Please say that more gently
Did I do something wrong?
That hurt my feelings
That felt like an insult
I'm feeling sad
I feel blamed
I'm feeling unappreciated
I feel defensive
Please don't lecture me
I don't feel like you understand me right now
Sounds like it's all my fault
I feel criticized
I'm getting worried
Please don't withdraw

Sorry

My reactions were too extreme, I'm sorry
I really blew that one
Let me try that again
I want to be gentler to you right now and I don't know how
Tell me what you hear me saying
I can see my part in all of this
How can I make things better?
Let's try that one over again
What you are saying is...
Let me start in a softer way
I'm sorry, please forgive me

Getting to Yes

You're starting to convince me
I agree with part of what you're saying
Let's compromise here
Let's find common ground
I never thought of things that way
This problem is not very serious in the big picture
I think your point of view makes sense
Let's agree to include both our views in a solution

I Need to Calm Down

Can you make things safer for me?
I need things to be calmer right now
I need your support right now
Just listen to me right now and try to understand
Tell me you appreciate me
Can I take that back?
Please be gentler with me
Please help me to calm down
Please be quiet and listen to me
This is important to me, please listen
I need to finish what I am saying
I am started to feel flooded
Can we take a break?
Can we talk about something else for a while?

Stop Action!

I might be wrong here
Please, let's stop for a while
Let's take a break
Give me a moment. I'll be back
I'm feeling flooded
Please stop
Let's agree to disagree here
Let's start all over again
Hang in there, don't withdraw
I want to change the topic
We are getting off track

I Appreciate

I know this isn't your fault
My part of the problem is...
I see your point
Thank you for...
That's a good point
We are both saying...
I understand
I appreciate
I am thankful for...
One thing I admire about you is...
I see what you're talking about
This is not your problem, it's our problem

