

Repairing After Arguments Worksheets

1. Reflection on the Argument

- What was the argument about?

- What emotions were you experiencing?

2. Identifying Your Feelings and Needs

- Identify the feelings you experienced during the argument.

- What needs of yours were not being met?

3. Considering the Other Person's Perspective

- Try to identify what feelings the other person might have experienced.

- What needs of theirs might not have been met?

4. Acknowledging Your Role

- Reflect on ways you might have contributed to the argument escalating.

- Are there things you wish you had done or said differently?

5. Communication Strategies

- Craft a statement where you take responsibility for your part in the argument and express regret.

- Using “I” statements, express your feelings and needs clearly and respectfully.

6. Seeking Forgiveness and Offering Forgiveness

- Ask for forgiveness for any hurt your actions or words may have caused.

- How will you show you are sincere?

- Reflect on your capacity to forgive the other person. What might you need to feel able to forgive?

7. Developing Solutions Together

- Together, brainstorm potential solutions or compromises to the issue that led to the argument.

8. Rebuilding Trust and Connection

- Identify specific actions or behaviors that will help rebuild trust and strengthen your connection moving forward.
