

Repair the Ordinary Rupture

A practice for returning after a small hurt, misunderstanding, or missed moment.



Relationships are not kept whole by avoiding every rupture.

They are kept alive through repair.

A missed tone.

A defensive answer.

A moment when one person was not heard.

Repair does not need a dramatic speech.

Before You Begin

Choose a rupture that is safe and appropriate to address.

This practice is for ordinary relational repair, not ongoing harm or abuse.



Name Your Part

Say what you did or missed without turning it into a character judgment.

I interrupted.

I became defensive.

I did not follow through.

I can name my part clearly.



Name the Impact

Acknowledge what the other person may have experienced.

Do not decide their feelings for them.

Leave room for correction.

Impact deserves attention.



Offer the Repair

Ask what would help now or name what you will do differently.

Then allow the other person time to respond.

Repair is an action, not only an apology.



Carry It with You

Repair does not guarantee immediate closeness.

It does create a path back toward honesty.

Use this after a sharp exchange, a missed commitment, or a moment you wish you had handled differently.

Name your part.
Acknowledge impact.
Offer repair.