

Things you can do to Repair Your Relationships Now

Who is the person I should work on today? _____

What is their relationship to me?

Friend, Spouse, Mother, Father, Sibling, Grandmother, Grandfather, Co-Worker, Boss, Neighbor? (Be mindful of the appropriateness of your actions based on intimate, family, or professional relationships)

What is the best way to open the door for better communication to begin repair?

- Can I acknowledge to them that there has been a rough spot or a bad argument?
_____ Yes or _____ No
- Can I apologize now? _____ Yes or _____ No

What can I do today with or without apologizing? There is a way to begin.

Actions

- Drop by, Visit, Be On Time, Sit Down, Stay, Listen, Accept their actions to repair your relationship.

Communications

- Text, Call, Email, Talk, Ask Questions - what is their point of view? what is important to them? Listen

Gestures

- Open the door, eye contact, hug, rub on the back, touch on the arm, hold hands, make dinner or bring cookies. Accept their gestures to repair your relationship.

Repeat as needed

Once you are able to acknowledge the disruption in your relationship, apologize if needed, then discuss how to make it better in the future!