

Repair

MARRIAGE IN MOTION ▶ Module 2: Conflict

2.2

MODULE 2, LESSON 2

SUMMARY

- Repair is about managing conflict “before,” “during” and “after.” Repair is “any statement or action — silly or otherwise — that prevents negativity from escalating out of control.”
- **Repair before conflict** entails scanning your environment for the positives and looking specifically for qualities in your partner that are admirable. Look for qualities that keep you from fueling negative thoughts.
- **Repair during conflict** requires that you recognize and acknowledge a repair and reward the gesture.
- **Repair after conflict** is simple: Responsibility, empathy, commitment.
 1. Acknowledge **responsibility** that you did something that affected another person. “Yes, what I did, had an impact on you.”
 2. Express some **empathy**. “I can appreciate that made you feel sad, angry, gross. I’d probably feel the same thing if that happened to me.”
 3. Demonstrate some **commitment** to change. “Oh man, I don’t want you to ever feel like that again. I’ll be more aware of that next time.”

“Conflict is inevitable but combat is optional.”

— MAX LUCADO

ACTIVITIES

This lesson is about three ways to prioritize repair as a way to mitigate the power and pain of conflict. Repair is about managing conflict BEFORE, DURING and AFTER.

1 BEFORE CONFLICT

You can get ahead of conflict by actively looking for the good in your partner. One of the most powerful tools for managing conflict is the strength of your friendship. You can strengthen your friendship daily by taking a moment to verbally share the things you find loveable about them.



Write down, and verbally share with your partner, three things that you love and appreciate about them. Practice this all week. All month. All year...

HERE'S WHAT I LOVE MOST ABOUT YOU:

- 1.
- 2.
- 3.

Keep it real, and regular. By looking for and acknowledging the best in your partner, this will form a context from which you can navigate conflict.

2 DURING CONFLICT

Discuss each of the questions:

1. How do we know when our conversations are getting off track and need to be repaired?
2. Do either of us have physiological cues to when we are getting fired up? (cues can be tightening of the chest, sweating, hot face, stomach ache, etc).
3. What would you like to hear from me as a repair if I have misspoken or hurt your feelings?
4. If I offer a repair, how will I know if you have accepted the repair?
5. What should our official repair statement be?



Examples of Repair Statements:

- Honey, I'm sorry, can I try that again?
- I think I hurt your feelings, that was not my intention. Can we start over?
- That came out wrong, can you forgive me?
- I can feel myself getting frustrated. Maybe we should take a break.

WRITE DOWN YOUR REPAIR STATEMENT OR STRATEGY BELOW:

3 AFTER CONFLICT

Below are the 4 steps to follow after conflict. Responsibility, Empathy, Commitment. Keep these handy when conflict does occur so you can repair and move on from it quickly.

1. **Acknowledge that you did something that affected another person.** "Yes, what I did, had an impact on you."
2. **Express empathy.** "I can appreciate that you feel sad, angry, gross. I'd probably feel the same thing if that happened to me."
3. **Demonstrate commitment to change.** "Oh man, I don't want you to ever feel like that again. I'll be more aware of that next time."
4. **The person receiving the apology either accepts the apology or asks for what else they need.**

Of course these are very basic steps, and you can put all of this in your own style and language. The key is to actually repair, before... during... and after.

Now look for opportunities to try these things out for real.

4 FAMILY CONFLICT



You have the ability to take control over your conflict right now. How do you want your child to describe how their family managed conflict?

Take a moment and jot down your memories.

What did your family teach you about conflict? What was helpful? What wasn't?

Now, imagine that your child is being asked the same question about their family growing up (with you as the parent). How do you want your child to describe their experience of conflict in your family? What lessons do you want them to take away from their childhood about managing conflict?



TAKEAWAY

What was your #1 takeaway from this lesson? Describe any breakthrough(s):