
REPAIR & RECOVERY

The Repair Toolkit

10 specific repair strategies to use after a fight, when the damage is done and you need to reconnect.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

After the Storm

The fight is over. The words have been said. Now what? Most couples have no plan for repair. They either pretend it never happened, or they let the tension linger for days until someone breaks and mumbles an apology. Neither works.

Repair is a skill. These are 10 specific strategies you can use immediately after conflict to rebuild connection.

1. The First Move

Someone has to go first. It does not matter who was wrong. Walk into the room, make eye contact, and say: 'I don't want to be disconnected from you.' That is it. That is the first move.

2. Physical Reconnection

After a fight, a hug can do more than another 30 minutes of talking. Ask: 'Can I hold you for a minute?' Physical touch releases oxytocin and calms the nervous system.

3. The Written Repair

Sometimes you cannot say it out loud yet. Write a note. A text. An email. 'I was wrong about _____. I love you. Can we talk tonight?' Written words give you time to choose them carefully.

4. The Do-Over Request

'Can we try that conversation again? I want to say it differently.' This acknowledges you messed up and shows willingness to get it right.

5. The Validation

Before solving anything, validate their experience. 'I can see why that hurt you.' You do not have to agree with their interpretation. You just have to acknowledge their pain.

6. The Humor Reset

If both partners are ready (read the room), a well-timed joke or callback to a shared memory can break the tension. But only if it is genuine, not dismissive.

7. The Team Statement

'We are on the same team. This problem is the enemy, not you.' Reframe the conflict as a shared challenge, not a competition.

8. The Accountability Statement

'I did [specific thing] and it was wrong. I am not going to explain it away.' Own it cleanly without excuses.

9. The Future Commitment

'Next time this comes up, I am going to [specific action].' This shows you are not just sorry. You are planning to change.

10. The Grace Ask

'I am going to need some grace while I work on this. I won't be perfect, but I am trying.' Humility invites compassion.