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Framework for Repair Conversations

Please find below some examples of what you might address in a repair conversation and how you might do this.

A repair conversation usually takes place following a conflict of some kind. It is the kind of communication that is easier once one or both parties have calmed down and gathered their thoughts. This structure can also be used to help you and your partner have more open and transparent conversations at any time.

You do not have to follow this to the 'T', but it can help to do so to begin with until it becomes more natural.

Here are the steps:

Be willing to express/admit...

1. **What was happening to me at the time?** Get curious e.g. what stories was my mind was telling me (there may have been truth in them, but there is always another perspective i.e my Saboteur could well have been speaking a judgement or speaking in defence 'I am right' mode). The fact I was in a reactive state. How I was feeling.
2. **What I did that probably didn't help the situation**
 - a) perhaps I was projecting a weakness of my own onto my partner (child shadow not taking full responsibility)?
 - b) perhaps my Saboteur was being judgemental and narrow minded/rigid in its thinking (black and white / tunnel vision thinking)?
 - c) perhaps my behaviour was initiated from a place of fear (this could be any of the shadows)? Ask yourself 'if there was a fear/concern underlying my behaviour what would it have been?
 - d) perhaps my timing was off and I needed to give you more space and listen more attentively?
 - e) perhaps I was trying to fix because a part of me doesn't like discomfort or seeing you struggle?
 - f) perhaps I was twisting your words & saying that you said something that you didn't because a part of me wanted to hold on to some anger or wanted to be right.
 - g) perhaps I was being reactive and taking my hurt/pain out on you?
3. **What I didn't appreciate about your behaviour or what I found difficult in regards to your behaviour/communication.** e.g. at the time it seemed like you were projecting xyz on to me; your comment came across as judgemental and it sounded like you were being really negative about what I wanted to do



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when I would have appreciated some support. OR I got triggered by xyz comment.

4. **What is the growth opportunity for me?** What have I learned about myself here or about what can I do better / or need to do next time?
5. **Is there any action for me to take as a result (now or at another time?)**
Obviously, it depends on the situation. Often we can take action that will make all the difference to a situation and the feelings of trust within the relationship.

It is always important to get to be able to see what your growth or learning opportunity is following any conflict and tension. It may take a few days for this to become totally clear.

Most of the time you will realise that you have been projecting something onto your partner (there is nearly always a mirror for you in your partner's behaviour. E.g. You see them as not respecting you. Where are you not respecting them or yourself?). This is not to say that there isn't truth in what you are seeing in your partner, your judgement will usually be rooted in fear/anxiety of some future outcome becoming real (led by your shadow).

Example 1: you are frustrated by their lack of commitment in an area of their life. It will be highly likely that you are frustrated with yourself in some way that you are not seeing. It takes courage and eating humble pie to admit this, but this can really help create much freedom on an energetic level within the relationship.

Example 2:

You may have misinterpreted the meaning behind something your partner has said and become triggered as a result (our shadows don't want to let go and give up their resistance/anger). Don't forget you are allowed to think the thoughts and feel the feelings here, but then continuing to hold them against your partner is a fruitless exercise. When you stay in anger or resentment your energy is 'unclean' and you will keep creating more of what you don't want. Give permission to the part that wants to stay in resentment, but your power archetypes would not want to do that because they know it is 'unattractive' energetically.

This can be a very vulnerable exercise as you are showing up ultimately saying 'I didn't quite get that right' or 'I was playing a role in keeping that dynamic alive and I am willing to accept my part as a result'.

It can feel vulnerable and anxiety producing because there is always a risk that the other person turns round and says something akin to 'yes, you did do that didn't you, you aren't a very nice person / you are a failure!' i.e. rubbing salt in the wound and still pointing the finger (their shadow).

The good thing is when you both have the information and both agree to speaking up with greater transparency, it will reduce the risk of the above happening. It will get



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easier over time, but it can still bring up fear and anxiety. We all fear being judged and rejected on some level and so try to come into these conversations with some compassion for self and partner.

N.B. In the cases of relationships that you do not really value then you don't have to make a repair attempt. You can look at any conflict and see where you contributed to the dynamic. You can choose to just leave the relationship to fizzle out or choose to end it. However, where you value the relationship, there is always another quality of conversation to be had.