THE LOVE SCOUT

Relationship Therapist



CYCLE OF REPAIR

After a fight or rupture in relationship, it is vital to mend the wounds. This tool is designed to give you a structure to make sure you re-secure the relationship, negotiate challenges and do not bring any residual negativity into the future of the relationship.



6. ACCEPT & LET GO

Allow yourself and the other to move on having fully resolved the issue **DO NOT:** Bring this issue up in the future 1. EMOTIONAL HANGOVER

Guilt, shame, regret, anger, sadness, exhaustion

2. INTERNAL REFLECTIONS

Reflect on your own reactions, emotions, behaviours, speech and needs

CYCLE OF REPAIR

5. RE-NEGOTIATE EXPECTATIONS

Consider each person's needs, articulate them and come to a negotiated agreement



4. MAKE AMENDS

Apologise and/or make a peace offering

3. ACCOUNTABILITY & OWNERSHIP

Own your reactions, emotions, behaviours and speech