

The Repair Conversation

A script for patching things up

Fill in your own words for each line, then use it to start the conversation.

1. *"Here's what I noticed happened..."*

2. *"Here's how it affected me..."*

3. *"Here's what I'd like going forward..."*

4. *"Does that work for you, or is there something I'm missing?"*

Why this helps: A script lowers the activation energy to start a hard conversation.