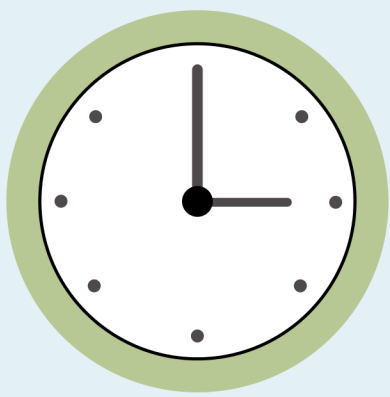


EXCELLENT REPAIR

*5 steps to repair offense
and prepare for forgiveness*

OBSERVE

Observe to try and understand any unmet needs or vulnerabilities that are part of the offense.



TIMING

Repair attempts may be rejected if either person is overwhelmed with anger or negative emotions. Ask your partner if they are ready for a repair or need to cool down first.

APOLOGY

Offer up an apology for your part of the offense. You might just say "I'm sorry I hurt you. I should not have said those things to you"



EXPLORE REASONS

If your partner is READY to hear the reasons why the offense happened, then offer reflections. But don't share reasons if they aren't ready to hear them. It can sound like excuse-making,

RELEVANT RESTITUTION

Offer a generous gift to show your heartfelt desire to repair the relationship. The more relevant to the offense, the better. If harsh words were said, offer kind words. If you ignored him, plan a nice date.

