

# Conflict Reset: 15- Minute Repair Plan

**B e c a u s e " w i n n i n g "**  
**i s n ' t t h e g o a l —**  
**c o n n e c t i o n i s .**

**THAT**  
**LOVE**  
**COACH**

## How to use

Use this after an argument, a misunderstanding, or a tension spiral.

This worksheet is designed to help you **repair** instead of repeat.

**Time needed:** 15 minutes

**Rule:** Facts first. Feelings second. Requests last.

### What happened (facts only)

(What would a camera record? No assumptions, no insults.)

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### What I felt (name 1–3 feelings)

hurt  overwhelmed  rejected  anxious  angry  sad  
 embarrassed  disconnected  unsafe  other: \_\_\_\_\_

What I felt most was:

### What I needed (under the feeling)

reassurance  respect  clarity  support  time   
teamwork  honesty  affection  space  accountability   
other: \_\_\_\_\_

What I needed most was:

### What I'm responsible for (my part)

One thing I own:

One thing I'll do differently next time:

## What I'm asking for (clear + doable)

My request (one sentence):

"Can we \_\_\_\_\_ moving forward?"

## Next step / agreement (simple plan)

What we agree to try next time:

- We will \_\_\_\_\_
- If it gets heated, we will \_\_\_\_\_
- We will circle back at \_\_\_\_\_  
(time/day)

## Optional "Repair Script"

"I care about us. I don't like how that went.

What I heard was \_\_\_\_\_. What I meant was \_\_\_\_\_.

Can we try again with a calmer tone?"