

ADHD Repair After Conflict Worksheet

Slow down after conflict, name the impact, and make one caring repair move without pretending nothing happened.

What's the repair problem right now?

Choose the closest sentence. A repair can be small and honest; it does not require a perfect explanation.

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|---|---|
| ☐ I said something hurtful when I was overwhelmed. | ☐ I shut down, left, or stopped replying. |
| ☐ We keep hurting each other around the same pattern. | ☐ I feel too ashamed to reach out. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
