

Relationship Restart How To Repair A Damaged Relationship

Repair: Dr. John Gottman describes a repair attempt as “any statement or action — silly or otherwise — that prevents negativity from escalating out of control.”

1. Lay a foundation _____

Romans 15:7 *Accept one another, then, just as Christ accepted you, in order to bring praise to God.*

2. Identify what _____

1 Corinthians 7:28 *But if you do get married, it is not a sin. And if a young woman gets married, it is not a sin. However, those who get married at this time will have troubles, and I am trying to spare you those problems.*

- a) _____: It is situational. There’s no “deeper meaning” behind a person’s position.
- b) _____: Difference in personality or lifestyle need

Key: _____ of relationship problems are perpetual

- c) _____: Conflict is mishandled.
Both sides feel criticized and rejected.

3. Learn how to _____

- a) Institute _____

James 3:2 *Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.*

- b) _____

Psalms 4:4 *Don’t sin by letting anger control you. Think about it overnight and remain silent.*

- c) _____

Signs of Gridlock by Ellie Lisitsa

- The conflict leaves you feeling rejected by your partner.
- No matter how much you talk about it, you feel thwarted. Despite your best attempts, you are making absolutely no headway in the problem area.
- You become so impossibly entrenched in your positions that neither you nor your partner plan to budge.
- Anytime the subject comes up, you feel frustrated and hurt.
- Your conversations about the problem are unpleasant, devoid of humor, amusement, or expressions of affection.
- Your inability to budge increases with the passage of time, leading the two of you to vilify each other when this conflict arises.
- As you vilify each other, your inability to budge and polarization in your views increases, and your chances of reaching a compromise plummet.
- Upon traversing this delightful territory, the two of you end up in the land of total emotional disengagement.

Handling Gridlocked Topics – Author unknown

1. Determine whether the issue is a solvable or a perpetual problem.
2. If it’s a perpetual problem, try reframing it. Think of the issue as a problem that is simply a function of the individual differences you have with your partner. You have different needs, desires, and a different personality than your partner. This can be an effective way to understand one another’s differences regarding an issue.
3. Be careful not to attempt to immediately “win” or solve the problem. Rather, the goal is to fully understand your partner’s position or view.
4. Establish a healthy dialogue about the issue. What are your feelings and perspectives regarding the perpetual problem? Remember, even if you can’t find a solution, a healthy dialogue can prevent the issue from becoming a gridlocked perpetual problem.
5. Summarize one another’s perceptions and viewpoints to each other. Make sure to respect each other and maintain a healthy discussion. Sometimes this is as good as it gets. Ensuring that you are both still able to have a positive dialogue about the problem can help avoid gridlock in the future. It may not become a solvable problem, but at least it will be a manageable problem.
6. If you are stuck discussing a perpetual problem or if a perpetual problem reaches gridlock, it’s important to consider reaching out to a qualified couples counselor for support.

Gottman Repair Checklist

I Feel

1. I'm getting scared.
2. Please say that more gently.
3. Did I do something wrong?
4. That hurt my feelings.
5. That felt like an insult.
6. I'm feeling sad.
7. I feel blamed. Can you rephrase that?
8. I'm feeling unappreciated.
9. I feel defensive. Can you rephrase that?
10. Please don't lecture me.
11. I don't feel like you understand me right now.
12. Sounds like it's all my fault.
13. I feel criticized. Can you rephrase that?
14. I'm getting worried.
15. Please don't withdraw.

Sorry

1. My reactions were too extreme. Sorry.
2. I really blew that one.
3. Let me try again.
4. I want to be gentler to you right now and I don't know how.
5. Tell me what you hear me saying.
6. I can see my part in all this.
7. How can I make things better?
8. Let's try that one over again.
9. What you are saying is...
10. Let me start again in a softer way.
11. I'm sorry. Please forgive me.

Get to Yes

1. You're starting to convince me.
2. I agree with part of what you're saying.
3. Let's compromise here.
4. Let's find our common ground.
5. I never thought of things that way.
6. This problem is not very serious in the big picture.
7. I think your point of view makes sense.
8. Let's agree to include both our views in a solution.
9. What are your concerns?

I Need to Calm Down

1. Can you make things safer for me?
2. I need things to be calmer right now.
3. I need your support right now.
4. Just listen to me right now and try to understand.
5. Tell me you love me.
6. Can I have a kiss?
7. Can I take that back?
8. Please be gentler with me.
9. Please help me calm down.
10. Please be quiet and listen to me.
11. This is important to me. Please listen.
12. I need to finish what I was saying.
13. I am starting to feel flooded.
14. Can we take a break?
15. Can we talk about something else for a while?

Stop Action!

1. I might be wrong here.
2. Please let's stop for a while.
3. Let's take a break.
4. Give me a moment. I'll be back.
5. I'm feeling flooded.
6. Please stop.
7. Let's agree to disagree here.
8. Let's start all over again.
9. Hang in there. Don't withdraw.
10. I want to change the topic.
11. We are getting off track.

I Appreciate

1. I know this isn't your fault.
2. My part of this problem is...
3. I see your point.
4. Thank you for...
5. That's a good point.
6. We are both saying...
7. I understand.
8. I love you.
9. I am thankful for...
10. One thing I admire about you is...
11. I see what you're talking about.
12. This is not your problem, it's OUR problem.