

A Five-Part Repair Conversation

Use only when a direct conversation is appropriate and sufficiently safe.

1. ACKNOWLEDGE - What did I do or fail to do?

2. IMPACT - What impact can I recognize without debating intent?

3. RESPONSIBILITY - What can I own clearly?

4. REPAIR - What specific action can address the impact?

5. PREVENTION - What will change, and how will follow-through be visible?

BOUNDARY - What choice, time, space, or limit belongs to the other person?

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.