# 🛠 Repair Scripts & Conversation Starters

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## 🎯 Purpose

When families are hurt, disconnected, or emotionally shut down, it’s hard to know what to say.

This tool offers structured language for re-connection — whether you’re a parent, partner, or child. Use these scripts as bridges: short, honest, and emotionally safe.

## ❤️ 1. Parent-to-Child Repair Scripts

Use these after conflict, misunderstanding, or moments of emotional disconnection.

* “I was wrong to raise my voice. I love you and I want to understand what you were feeling.”
* “Even when I’m upset, I never stop loving you.”
* “You don’t have to be perfect to be safe with me.”
* “I didn’t handle that well. I want to try again — can we talk?”
* “It’s okay to feel what you’re feeling. I’m here.”

## 🧑🏽‍🤝‍🧑🏽 2. Partner or Co-Parent Repair Scripts

For restoring connection and trust without escalating conflict.

* “I felt myself getting defensive. I want to respond better.”
* “I know we’re not agreeing right now, but I want to stay on the same team.”
* “Can we pause this and come back with more kindness?”
* “I didn’t mean to dismiss you. I want to really hear what matters to you.”
* “Let’s make the child the focus again. We’re stronger when we parent as a team.”

## 🧍‍♂️ 3. When You Need to Set a Boundary *and* Preserve the Relationship

* “I care about us, and I also need to protect my peace. Here’s what I need…”
* “I want to stay close, but I can’t do that if we keep yelling.”
* “This behavior isn’t okay, and I love you enough to say that out loud.”
* “I’m not shutting you out — I just need time to regulate.”
* “I’ll come back when I’m calm, because this matters to me.”

## 🗣 4. Conversation Starters (for Reconnection After Distance)

* “Can we start over?”
* “I miss how we used to talk. Can we talk now — no pressure?”
* “Is now a good time for me to be honest about something that’s been on my heart?”
* “I’ve been thinking about something I wish I had said earlier…”
* “How are we doing — really?”

## 🧠 5. Teaching Children Repair Language

Help them practice these phrases:

* “I’m sorry for how I acted. I was feeling \_\_\_.”
* “Next time I feel that way, I’ll try to \_\_\_.”
* “What can I do to make it right?”
* “Can we still be okay?”
* “I didn’t mean to hurt you.”

Parents: model this **out loud**. Children learn repair through repetition, not lectures.

## 🔁 Suggested Repair Routine

1. **Name the harm** honestly, without blame.
2. **Acknowledge feelings** on both sides.
3. **Express ownership** without excuse.
4. **Ask what the other person needs.**
5. **Make a plan to move forward.**