

Repair & Follow-up Toolkit

Commitments, timelines, and accountability systems

True conflict resolution happens after the conversation ends. Use these templates to create clear agreements, track progress, and strengthen family bonds through consistent follow-through.

Repair Agreement Template

Family Repair Agreement

Date of Conversation:

MM/DD/YYYY

Family Members Present:

List everyone who participated

What We Learned About Each Other:

Key insights, feelings shared, new understanding gained...

Specific Actions We'll Take:

Who will do what, by when? Be specific and realistic...

How We'll Check Progress:

Weekly check-ins, monthly family meetings, etc.

Follow-up Schedule

48 Hours

Quick check-in: How is everyone feeling? Any immediate adjustments needed?

1 Week

Progress review: Are we following through? What's working well?

1 Month

Full evaluation: Has the issue been resolved? What did we learn?

Accountability Checklist

Weekly Check-in Questions

- ☐ Did I follow through on my commitments?
- ☐ Am I communicating openly and kindly?
- ☐ Have I asked how others are feeling?
- ☐ Do I need to adjust any agreements?
- ☐ Have I shown appreciation for others' efforts?
- ☐ What can I improve this week?

Course Correction Template

When Agreements Need Adjusting

What's Not Working:

Be honest about challenges, barriers, or unrealistic expectations...

Why It's Difficult:

Time constraints, unclear expectations, different priorities...

Proposed Solution:

How can we modify our approach while staying true to our values?

Next Check-in Date:

When will we review this adjustment?

Building Long-term Success

Celebrate Small Wins: Acknowledge progress, even if it's not perfect. Growth takes time.

Keep Talking: Regular family meetings prevent small issues from becoming big conflicts.

Stay Flexible: Agreements can be modified as you learn what works for your family.

Model Accountability: When you mess up, own it quickly and make it right. Others will follow.