

ATTACHMENT

Today's Idea: Repair Matters

Repair after rupture builds trust more than getting it right.

What I Notice

- A recent moment of rupture between us was _____

- This looked like _____

What This Might Be About

- If repair matters, this moment offers a chance to teach _____

- My child may need to see that _____

What Comes Up for Me

- After conflict, I tend to feel _____

- Repair feels hard for me when _____

Gentle Reframe

"Repair teaches that relationships can survive mistakes."

Final Reflection

- One simple way I can practice repair is _____
