

## 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 \_\_\_\_\_

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- This looked like \_\_\_\_\_

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#### What This Might Be About

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

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- My child may need to see that \_\_\_\_\_

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#### What Comes Up for Me

- After conflict, I tend to feel \_\_\_\_\_

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- Repair feels hard for me when \_\_\_\_\_

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#### Gentle Reframe

“Repair teaches that relationships can survive mistakes.”

#### Final Reflection

- One simple way I can practice repair is \_\_\_\_\_

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