

Repair leaves continuation open

Repair becomes meaningful through acknowledgment, responsibility, action, and changed conditions - not through a required script or outcome.

KEEP VISIBLE

An apology or repair attempt does not create a right to forgiveness, reassurance, reunion, access, or continuation.

01

Pause the pattern

Stop the interaction that is continuing the rupture.

Safety and space can come before explanation.

02

Name what is known

Separate observation, experience, expression, inference, memory, and later information.

Do not claim certainty the evidence cannot support.

03

Receive impact

Listen without making intention or distress cancel what the other person reports.

Impact and intention answer different questions.

04

Locate responsibility

Take responsibility for choices and actions.

Do not assign responsibility through another person's bodily response.

05

Change a condition

Ask what boundary, action, distance, support, or structural change matters.

An answer or repair attempt can be declined.

06

Leave continuation open

More conversation, changed relationship, outside support, distance, and ending all remain possible.

Repair does not guarantee restoration.