

Exercise: Repair After Miscommunication

This exercise offers a gentle, non-defensive script to help you repair misunderstandings, especially those that start digitally but carry emotional weight offline.

Use one or more of the following prompts to initiate repair after a disagreement, misread message, or emotional miscommunication. These phrases are meant to create a space for understanding, not defensiveness.

Repair Starters:

- “I think I misread your message. What did you mean when you said...”
- “When I read _____, I felt _____.
Can we talk about what happened?”
- “I’m sorry for how I reacted. I was feeling _____,
but I want to understand your side better.”
- “Can we talk through it, it’s important to me. I want us to reconnect, not stay stuck here.”

Reflection:

After your repair attempt, consider the following:

- How did the tone or energy between you shift? _____

- What part of the repair helped most? _____

- What made it easier, or harder, to take the first step? _____
- Additional thoughts and feelings or what could be done differently:

