

Worksheet: Repair Readiness Checklist

This worksheet helps each partner assess where they are in the process of repairing trust after a digital betrayal or boundary breach. Repair begins when both feel safe enough to be honest, vulnerable, and accountable, even if they're not fully "over it" yet.

Check off the statements that reflect your current mindset. Use this as a conversation guide, not a scorecard:

- **Partner Who Violated Trust**

- I've acknowledged the specific behavior(s) that broke trust.
- I've taken responsibility without defending, blaming, or minimizing.
- I'm willing to answer difficult questions with honesty and patience.
- I've asked how my actions made my partner feel—and really listened.
- I've outlined specific actions I'll take to rebuild trust over time.

- **Partner Who Was Hurt**

- I've expressed how the breach impacted me emotionally.
- I've asked for clarification or boundaries without personal attacks.
- I'm open to hearing my partner's perspective—even if I don't agree.
- I understand that forgiveness and safety take time—and that's okay.
- I'm willing to help define what trust rebuilding would look like for us.

Reflection:

- Which item was hardest to check off? Why? _____

- Do either of you need more time before moving forward? _____

- What would make this repair process feel more emotionally safe or collaborative?
